

RECIPE FOR Wellness NEWSLETTER

Courtesy of Ferguson Family Chiropractic - www.ForLifetimeWellness.com - (518) 383-5595

LIFESTYLE

Many may not be aware of something called “seasonal affective disorder” but it is basically a depression that sets in with a lack of light. Scientists have tried to make sense of it but still find it a mystery. What is not a mystery, is that light can actually affect our moods.

Because our brains react to various types of light differently, researchers have determined that different types of light at different times of day may actually affect us emotionally.

When light hits the backs of the eyeballs, they send messages to the different brain regions responsible for mood as well as to the pineal gland, a tiny midbrain structure that secretes the sleep hormone melatonin.



Rise and Shine

Sunshine will cheer you up and get you moving, according to a 2006 Finnish study. Researchers found that a twice-weekly workout of 45 minutes or more outside in the morning sun lifted subjects' moods more than an indoor workout. So pull up the shades when you get up or take a walk in the morning sun.

There are even “dawn-simulator” alarm clocks available. Basically, as light gradually brightens on your face, you naturally wake up, as opposed to being jolted awake in the dark by a blaring alarm.

Afternoon Slumps

White light from the sun is made up of the color spectrum and, according to Mariana Figueiro, Ph.D., blue light has a short wavelength with an energizing coffee-like effect. In a 2014 paper published in the journal *Sleep*, blue light helped subjects feel more alert and perform better on reaction-time tests. For this reason there are now blue light lamps that can give you that afternoon pick-me-up, available at philips.com.

Easy to Bed

If blue light wakes you up, red light or dim light will make you sleepy. Two hours before bed time, dim all the lights, including your computer screen. If you keep forgetting, install the free app at justgetflux.com and it will reduce the blue light on a computer screen every day at sunset. You can also invest in a special bulb that, when set in midnight mode will slowly dim over the course of 77 minutes, just like the setting sun.

Adapted from realsimple.com

DID YOU KNOW?

The EPA ranks indoor air pollution as one of the top five threats to human health? There are four benefits of indoor plants.

Higher Oxygen Levels: Plants will absorb carbon dioxide and release oxygen during photosynthesis and there are some types of plants that continue to do this at night (mainly succulents) making them great for the bedroom

Lower Mold and Bacteria Counts: House plants omit substances called phytochemicals that suppress microbes in indoor environments meaning a home filled with lots of houseplants has 50-60% fewer mold spores and bacteria.

Improved Mood: Studies conducted by the Sydney, Australia's University of Technology found that indoor plants may reduce anger by 44%, anxiety by 37%, fatigue by 38% and depression by 58%

Natural Humidifier. Plants release moisture through their leaves and so may help keep indoor air within the ideal humidity range. Palms and ferns in particular have high transpiration rates; therefore, they may need their leaves misted with water for health.

Adapted from motherearthliving.com

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FAMILY TIME

Back-to-School time means new schedules and routines for you and your entire family. The following are just a few helpful tips to make this time of year just a little less stressful.

Be choosy about extracurricular activities - Just because your child excelled last year doesn't mean that the same activities are best for this year. Sit down and talk with them about what they want to spend their time doing this year. Remember that over-scheduling your child can have a negative impact on the entire school year, boredom with the same old routine can as well. Freshen up their schedule every year to help encourage them right where they are in their development.

A Master Calendar - As soon as you receive the school calendar be sure to transfer all significant dates to a master calendar. Digital tools are available through Google Calendar or look into Cozi.com which allows you to include all repetitions of after school activities. Don't forget to include reminders for important things like school pictures and the necessary pre-picture haircuts.

Back-to-School Nights Matter - You may feel like if you've seen one desk you've seen them all but this is an opportunity to connect with your child's teacher. A simple comment about how your child is looking forward to something particular that school year can show a teacher that you're a committed parent that cares about your child's education.

Treat Schoolwork Like the Mail - Read and review all school work right away, then save what's important and toss the rest. There may be items that will need to be reviewed for mid-terms, these should be saved and, of course, a paper that your child wants to hang on to should be saved but the rest can be recycled. If your child doesn't have a desk in their room then provide them a bin with hanging files to save those important papers and a bin for keepsake papers but don't hold on to work that can be discarded.

Enforce the Three Rules of Homework - Ted Theodorou, a sixth-grade social-studies teacher in Alexandria, Virginia says, "Eat the frog" or, in other words, rule #1 should be to the hardest thing first. Rule #2 should be no phones. Homework typically can't be technology-free but phones are a distraction not a necessity. Rule #3 is to put it all away right away. As soon as the homework is finished it needs to be reviewed by the parent (if necessary) then packed in the backpack thus avoiding the all-to-familiar morning scramble to find "lost" homework.

Don't Sweat the Small Stuff - For very young children the unexpected can feel monumental and overwhelming so keep them a little less stressed with preparation. Mishaps must be treated like what they are: no big deal. Talk to your child in advance about what to do if they've forgotten an important paper or permission slip. Have a conversation about how to react to a nose-bleed or getting sick at school. Have lighthearted conversations about scary situations and your child will be grateful.

Hear the Hidden Message - If your child is whining about "hating" a particular class it may be that they are struggling with the lessons. Everything from required reading of Shakespeare or times tables can be too much and needs to be addressed with patience and understanding. A simple, "I didn't like this as a kid either, but I'll help you," will go a long way.

Adapted from realsimple.com



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As a Doctor of Chiropractic, I want to do everything I can to ensure that you and your family are healthy.

Posture Matters

More than just simply sitting or standing up straight, posture is actually the proper alignment of the parts of the body in relation to the spine and the proper use of the body.

As soon as a child begins to stand upright you can begin to look for signs of improper posture. Signs of head, shoulder or hip tilt can be seen as soon as a child is weight bearing.

Although it may seem early for a child to be showing signs of postural distortion, birth strains or falls taken when learning to walk can already begin to have an affect on a child's posture before they're even ready to begin school.

Posture and Your Phone

The arrival of smart phones has had the biggest effect on posture for children and adults alike. Since the head was not intended to be bent over a phone for so many hours a day, this improper use of the body will begin to result in postural distortions of the head, neck and shoulders.

Posture Evaluations

As your family's Chiropractor, I do not want to see your child needlessly suffer. I can do a simple postural exam and evaluation and send you the results via email. The next time you're in for an adjustment let my staff know that you want to schedule a short postural exam for your child. Your child's spine is important and with the new school year upon us headaches and muscle tension can be avoided.

Feature: From Dr. John

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WELLNESS AT BREAKFAST, LUNCH AND DINNER

Breakfast Muffins—Gluten Free

Warm, baked, yummy, healthy muffins.

Ingredients

3 cups small butternut squash, peeled, seeded, and diced
3/4 cup superfine brown rice flour
1/2 cup millet flour
1/2 cup hazelnut flour
1/2 tsp fine-grain sea salt
1/2 tsp baking soda
1/2 tsp baking powder
1/8 tsp ground cinnamon
1/8 tsp ground ginger
3 large eggs
1/2 cup light brown sugar
1/4 cup cane sugar
1/3 cup coconut oil, melted
1 tsp pure vanilla extract
1/2 tsp grated lemon zest
1 sweet apple (i.e. Gala), peeled, cored and grated (1 cup)
2 tbsp chopped hazelnuts

TO PREPARE: Heat oven to 350° F and line a muffin pan with 12 baking cups. Steam squash until tender, about 10 minutes, then transfer to a food processor and purée until smooth. In a large bowl, whisk together flours, salt, baking soda, baking powder, cinnamon and ginger. In another bowl, whisk eggs, 1/2 cup squash purée, sugars, oil, vanilla and lemon zest. Fold wet ingredients into dry ingredients until well incorporated, then fold in apple. Spoon batter into baking cups and sprinkle with hazelnuts. Bake until golden brown and a toothpick inserted in centers comes out clean, about 18 minutes. Transfer to a wire rack to cool.

*For an antioxidant boost, add 1 cup frozen blueberries and bake muffins an additional 5 minutes.

Source: wholeliving.com

Breakfast Smoothie

Packed with protein, delicious and good for you!

Ingredients

1 cup unsweetened almond milk
1 cup packed chopped kale
1/2 cup pineapple juice
1/2 cup diced pineapple
1 banana

TO PREPARE: Purée with a blender until smooth.

Source: wholeliving.com



Lentil Bowl

Don't underestimate how good these simple ingredients can be when combined. It's a snap to make a great way to add more garlic and beans to your diet.

Ingredients

2 tbsp extra virgin olive oil or coconut oil
2 medium or 3 small onions, chopped
3 cups cooked lentils, drained
1 clove garlic, minced, or more to taste
1 tsp unrefined sea salt

TO PREPARE: Heat oil in a large skillet over medium-low heat, making sure oil never smokes.

Add onions and sauté until lightly browned, 10 to 15 minutes. Place onions in a medium bowl and add lentils, garlic and salt. Mix well and serve warm.

Source: Mother Earth Living

Lemony Chicken Noodle Soup

A great, healthy lunch option. This warm, delicious soup can be taken to work or sent to school in a thermos.

Ingredients

2 tbsp olive or coconut oil
4 carrots and/or parsnips, cut into bite-size pieces
2 stalks celery, chopped
1 large onion, chopped
1/2 tsp dried thyme
Sea salt and black pepper
2 pounds bone-in chicken breasts, skin removed
6 cups low-sodium chicken broth
1 cup small pasta (such as alphabet or stellette)
2 tbsp fresh lemon juice
2 tbsp chopped fresh flat-leaf parsley

TO PREPARE: Heat the oil in a large pot or Dutch oven over medium heat. Add the carrots and/or parsnips, celery, onion, thyme, 1 1/2 tps salt and 1/4 tsp pepper. Cook, stirring frequently, until the vegetables are tender and just beginning to brown, 10 to 12 minutes.

Add the chicken, broth, and 4 cups water. Bring to a boil, reduce heat, and simmer until the chicken is cooked through, 15 to 20 minutes. Remove the chicken and place on a cutting board. When it is cool enough to handle, shred the meat with 2 forks; discard the bones.

Meanwhile, add the pasta to the soup and simmer until al dente, 6 to 10 minutes. Add the chicken, lemon juice, and parsley and stir to combine.

TO FREEZE AND SERVE LATER: Freeze the soup in freezer-safe containers for up to 3 months. To reheat, run the containers under warm water until the soup slides out. Transfer to a pot and cook over medium heat, covered, stirring occasionally, until heated through.

Source: realsimple.com



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Healthy Snack Options

Toppings for Toast

Start with whole-wheat or sprouted bread for extra nutrients and fiber.

Butters

Layer peanut or almond butter, your child's favorite fruit (thinly sliced peaches, strawberries, and bananas work well) and add a sprinkle of cinnamon.

Proteins

Spread on a bit of butter and add thinly sliced hard-boiled egg. Or, make egg salad by chopping a hard-boiled egg and adding a little plain Greek yogurt, salt and pepper.

Avocado Smear

Peel, pit, and smash an avocado, smear on top, and sprinkle with a little salt.

Source: *Parents Magazine*

Tips for Smoothie Snacks

1. Toss a handful of spinach into your kids favorite fruit smoothie. Chances are they won't even notice and they'll get an extra boost of vitamins A and K.
2. Get hip to hemp. Despite what you may be thinking, hemp seeds are safe for kids, mild-tasting, and one of the few plant-based complete proteins. Plus, two tablespoons of hemp seeds in your smoothie offer a boost of healthful fatty acids, potassium, and iron.
3. Add a teaspoon of antioxidant-rich unsweetened cocoa powder to a peanut-butter banana smoothie for a nutritious breakfast that tastes like dessert.

Source: *Parents Magazine*

Healthy, Yummy Dessert

Little Drops of Sunshine

These two-bite treats get their golden color from dried apricots and contain omega-3s, vitamin E, and magnesium, all nutrients that support emotional health.

Ingredients

- 1 cup dried apricots
- 1/2 cup pitted dates
- 1/2 cup unsweetened, shredded coconut
- 2 tbsp flax seeds
- 1/3 cup roasted cashews
- 1/4 cup unsalted, roasted almonds
- 2 tbsp water
- A pinch of salt

TO PREPARE: Pulse the dried apricots and pitted dates until coarsely chopped. Add the coconut, flax seeds water and salt and continue pulsing to blend. Add cashews and almonds until the mixture forms a ball. Place an additional 1/2 cup of chopped nuts or coconut into a shallow rimmed dish. With wet hands (to avoid sticking) for the mixture into tablespoon-size balls, then roll the balls in the topping. Refrigerate for 45 minutes before serving. Makes 24.

Source: *FamilyFun*

SLOW COOKER DINNER

Pork and Black Beans with Fresh Salsa

Delicious and filling.

Ingredients

- 1 15.5 ounce can black beans, rinsed
- 3/4 cup fresh orange juice
- 3/4 cup low-sodium chicken broth
- 3 cloves garlic, chopped
- 1/2 tsp ground cumin
- 1/2 tsp dried oregano
- 1 1/2 pounds boneless pork shoulder or butt, trimmed and cut into 2 pieces
- 1 cup long-grain brown rice
- Fresh salsa, chopped avocado, and hot sauce for serving

TO PREPARE: Combine the beans, orange juice, broth, garlic, cumin and oregano in a 4 to 6 quart slow cooker. Season the pork with 1/2 tsp salt and 1/4 tsp pepper and place on top of the liquid. Cover and cook until the pork is tender, on low for 7 to 8 hours or on high for 5 to 6 hours. Transfer the pork to a bowl and shred the meat, using 2 forks; return it to the pot.

Twenty minutes before serving, cook the rice according to the package directions. Serve topped with the pork mixture, salsa, avocado and hot sauce.

Source: *realsimple.com*

FALL SIDES

Rosemary-Roasted Beets and Carrots

Ingredients

- 1 pound beets, peeled and cut into 1/2-inch wedges
- 1 pound carrots, scrubbed, cut into 2-inch lengths
- 1/4 cup red wine vinegar
- 3 tbsp olive or coconut oil
- 2 sprigs fresh rosemary

Spicy Glazed Brussels Sprouts

Ingredients

- 1 1/2 pounds Brussels sprouts, trimmed and halved
- 1 red jalapeño pepper or serrano chili, halved and sliced
- 3 tbsp coconut oil
- 1 tbsp grated fresh ginger

TO PREPARE THE ABOVE: Heat oven to 450° F. Toss the ingredients with 3/4 tsp sea salt and 1/4 tsp pepper on a rimmed baking sheet. Roast tossing once, until the vegetables are tender (30 to 35 minutes) or the Brussels sprouts are golden and tender (15 to 20 minutes).

For the glaze: drizzle the Brussels sprouts with 1 tbsp of honey and toss to coat.

Source: *realsimple.com*