



Courtesy of Dr. John M. Ferguson - www.ForLifetimeWellness.com - (518) 383-5595

LIFESTYLE

We all know the type: those that can eat whatever they want, not be anchored to the gym and yet always look amazing and healthy. Studies show they all share some of the same habits - embrace these and it may work for you!

Researchers at Cornell University's Food & Brand Lab created the online Global Healthy Weight Registry (GHWR) to study the everyday behaviors of people who maintain their weight. Their analysis of these people found some interesting facts.

They Don't Diet - The study showed that diets never work because, like medicine, you take it until you feel better then stop. Sandra Aamodt, Ph.D. says, "Out of 10 people who have deliberately lost weight, five years later one of them will be thinner than when they started, four of them will be heavier, and five will be back to the same weight."

They Weigh Themselves Often - The scale is not your enemy. In fact, it helps you monitor your weight. Fifty percent of those in the GHWR who weigh themselves regularly are quick to catch the minor weight gains and take action to reverse them. The same is true for 75% of participants in the National Weight Control Registry (NWCR).



They Eat Mindfully - Ninety-two percent of those in the GHWR consciously eat and are aware of everything they put in their mouths. They pay attention to their body's cues and stop eating when they're satisfied.

They Walk it Off - Forty-two percent of the people in the GHWR exercise five or more times a week, and 90% of those in the NWCR exercise, usually by walking, for about an hour a day.

They Keep the Kitchen Clean - A 2016 Cornell study found that women will eat twice as many cookies in a messy kitchen. The disarray primes us for a lack of self-control and all can cause stress. However, when women have a meditative mind-set and feel in control, they're better able to resist temptation, the study showed. So keep your kitchen clean or learn to meditate.

They Don't Feed Their Feelings - A 2014 study in *Health Psychology* showed that eating comfort foods isn't any more comforting than eating anything else. Most people in the NWCR report that they rarely overeat in response to internal or emotional cues.

They Start Over Every Week - According to a 2014 survey of more than 1,000 people found that 58% of healthy people see Monday as a fresh start. They kick off each week with a workout, nutritious meals and being positive. This helps them keep on track in the days ahead. Plus, people who diligently resume their healthy eating habits after a weekend splurge are more successful at maintain a steady weight, a recent study in *Obesity Facts* showed. So, consider each Monday a chance to hit reset and make health a priority.

Adapted from marthastewart.com

DID YOU KNOW?

Beets aren't just for eating! They are useful in many areas of our lives.

For instance, in the garden, beets can be used for soil remediation. These bleeding wonders add minerals such as magnesium to the soil and are great added to the compost pile.

In the medicine cabinet, beets are high in antioxidants and anti-inflammatory properties. Beets are food medicine for the heart and brain, and they're helpful for diabetics and arthritics. Like all richly hued vegetables, beets are high in phytonutrients.

There are actually six health benefits found with the consumption of beets beyond fighting inflammation, these include: lowering blood pressure, boosting stamina, anti-cancer properties, detoxification and the many valuable vitamins, nutrients and fiber. Beets are high in vitamin C and essential minerals like potassium and manganese. Beets also contain the B vitamin folate which helps reduce the risk of birth defects.

Then, of course, beyond the world of nutrition they offer, they're delicious pickled, added to salads, roasted or as the start of the show in a nourishing bowl of borscht.

Adapted from motherearthliving.com

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FAMILY TIME

Our lives are super hectic. Even when we try not to over-schedule our children, we still find ourselves really busy. Between working hard and playing harder, there just doesn't seem to be time to stop and breathe.

When we stay so busy that we don't stop to take a short break, our stress levels increase. We may find ourselves snapping at our children or our spouses because we're just too wound up. It is not unusual to start the day rushing the kids to school or ourselves to work then we are rushing home for schoolwork, housework, dinner and bed just to get up the next day and start all over again. It's a vicious cycle that doesn't allow for rest.

Here is a suggestion that may help to break that cycle.

An Afternoon Walk - Make it a priority to go for a walk each afternoon. Don't expect to start out walking away from your life for an hour because it won't happen. Consider just 10 minutes to start. You can take 10 minutes away from your afternoon and it won't affect your schedule much; but it will have a positive affect on your life. Then try to increase your time by just 5 minutes every week. Before you know it, you'll be walking an hour.

Make it a Meditative Walk - Don't rush yourself. Make it a leisurely stroll. What makes it a meditative walk is that you're focusing on the experience. You're going to focus on each step. You're going to think about each breath.

Sensations - As you move along, really see what's in front of you and notice the sensation of your feet hitting the ground with each step. Focus on every sensation. What do you see? What do you feel? How do you feel? Experience every sensation.

Cultivate Concentration - If you realize that your mind has wandered away from the experience then call it back. Integrating mind and body with a conscious walk lets you cultivate concentration. Focus on every step. Engage your muscles. Bring fresh air into your lungs. Take your brain off your worries. Encourage yourself to think about nothing but your walk. Pay attention to every breath and keep your thoughts on the here and now.

Remember, this is all about breaking the cycle of stress and "busy-ness". This is all about learning to walk away from your life for a moment so that you can walk back as the real you: not a stressed out, overworked, overwhelmed crazy version of you.

Don't walk super slow in a brain-dead zombie-like way, but walk slow, taking deliberate steps, focusing on each step and every breath. Take your time and enjoy this break.

The goal is not to go anywhere but inward.

Adapted from Real Simple



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As a Family Wellness Chiropractor, your family's overall health and wellness is my biggest priority. As the weather turns colder, our bodies will be required to fight just a little bit harder against foreign invaders. Chiropractic may help.

Boosting Your Immune System

We're all familiar with the cold or flu that makes its way through the entire household. Taking down one family member at a time, affecting everyone, before it's finished.

With routine adjustments and regular chiropractic care, your family may be able to avoid that altogether. Many families report back that, after a few years of chiropractic care, they don't get sick as often as they used to.

A Properly Functioning Immune System

Our bodies are designed to easily fight off the bacteria and viruses that make us sick. When your body senses a foreign invader it goes on the defensive: fighting with white blood cells and raising your body's temperature.

If your body is not functioning properly then it may not be able to fight as efficiently. It may take longer to fight off the infection, taking up to a week when it would normally just take a day or two. This is when chiropractic may be the most beneficial to your immune system.

The Central Nervous System

Our body is designed to operate like a well-oiled machine. The brain sends signals down the spinal cord through the spinal column and out to the muscles, organs and glands. If there is a vertebra that is even slightly out of alignment this will cause nerve interference, or vertebral subluxation. When the body is subluxated, the other systems of the body may be affected, including the immune system.

A Doctor of Chiropractic is the only healthcare professional dedicated to the understanding that a properly functioning nervous system will improve the health of both you and your family.

Common illnesses don't have to make their way through your entire family. It is possible to improve your immune system and give it the boost it needs to quickly overcome any bacteria or virus.

Ask your Family Wellness Chiropractor about regular chiropractic adjustments for you and your children.



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Potato, Egg and Avocado Hash

Hold the toast this morning, instead, use your avocados to top this one-skillet vegetarian crowd-pleaser.

Ingredients

3/4 pound new potatoes, cut into 1/2 inch pieces
2 Tbsp extra-virgin olive oil or coconut oil
2 small red peppers, thinly sliced
1 1/2 tsp kosher or sea salt
1 tsp black pepper
1 bunch scallions, thinly sliced
4 eggs
2 ripe avocados, chopped
2 Tbsp fresh lime juice
1/2 cup chopped fresh cilantro

TO PREPARE: Boil the potatoes in salted water in a large, heavy skillet over high until fork-tender, about 6 minutes. Drain; reserve the potatoes.

Heat the oil in the skillet over medium. Add the potatoes, red peppers, salt, and black pepper. Cook, stirring occasionally, until the potatoes are golden, 5 minutes. Stir in the scallions.

Make 4 wells in the mixture using a wooden spoon. Carefully slide 1 egg into each. Reduce heat to medium-low. Cover the pan and cook until the whites are just set, 6 minutes.

Top with the avocados, lime juice, and cilantro.

Remember not to let the avocados touch the hot pan or they will turn brown and it will look less appetizing.

Source: *Real Simple*



Double-Apple Bran Muffins

Applesauce makes these muffins extra-tender. Fresh diced apple adds a refreshing pop of flavor.

Ingredients

1 stick unsalted butter, melted, plus more for brushing
1 cup unbleached all-purpose flour
1 cup wheat bran or toasted wheat germ
2 Tbsp millet
1 tsp baking soda
1/2 tsp kosher or sea salt
6 Tbsp packed light-brown sugar
1 large egg, room temperature
1 cup unsweetened applesauce
1 Granny Smith apple, peeled, cored and diced

TO PREPARE: Preheat oven to 350° F. Line a standard 12-cup muffin tin with baking cups, or lightly brush with butter. In a medium bowl, whisk together flour, wheat bran, millet, baking soda, and salt. In another bowl, whisk together butter, brown sugar, egg, and applesauce. Stir wet ingredients into dry until just combined. Fold in apple.

Divide batter evenly among muffin cups. Bake until golden and tops spring back when lightly touched, about 24 mins.

Let cool 5 minutes in tin, then transfer to a wire rack and let cool completely.

Source: *marthastewart.com*

Vegan Blueberry Muffins

Coconut oil, which is solid at room temperature, adds a mild sweetness to these wonderful muffins.

Ingredients

1/3 cup virgin coconut oil, melted, plus more for brushing
1 cup unbleached all-purpose flour
1 cup whole-wheat flour
2 tsp baking powder
1/2 tsp kosher or sea salt
1/2 cup granulated sugar (or the equivalent in Stevia)
2 bananas, mashed (3/4 cup)
1 cup almond milk (room temperature)
1 tsp pure vanilla extract
1 cup fresh blueberries
Turbinado sugar, for sprinkling

TO PREPARE: Preheat oven to 425° F. Line a standard 12-cup muffin tin with baking cups, or lightly brush with oil. In a medium bowl, whisk together flours, baking powder, and salt. In another bowl, whisk together sugar, bananas, coconut oil, almond milk, and vanilla. Stir wet ingredients into dry until just combined. Fold in blueberries.

Divide batter evenly among muffin cups. Sprinkle tops with turbinado sugar. Bake until light golden and tops spring back when lightly touched, about 20 mins.

Let cool 5 minutes in tin, then transfer to a wire rack and let cool completely.

Source: *marthastewart.com*

WELLNESS AT BREAKFAST, LUNCH AND DINNER

Kale Ceasar Salad

A crisp, healthy lunch option.

Ingredients

8 cloves garlic, peeled
3/4 cup extra virgin olive oil or coconut oil
6 oz ciabatta bread, cut or torn into 1" pieces
Kosher or sea salt
6 anchovy fillets
1/4 cup lemon juice
1 Tbsp Dijon mustard
2 hard-cooked eggs, yolks and whites separated
Black pepper
3 bunches Tuscan kale, stems removed then thinly sliced
1/3 cup freshly grated Parmigiano-Reggiano

TO PREPARE: Preheat oven to 300° F. For croutons, mince two of the garlic cloves. In a medium saucepan warm 1/4 cup of the oil and the minced garlic over low heat; remove. Add bread pieces. Sprinkle with 1/4 tsp. salt. Stir to coat. Spread bread pieces in a single layer on a shallow baking pan. Bake 20 minutes or until crisp and golden brown, stirring once. Cool completely. Store in an airtight container at room temperature up to 24 hours.

For dressing, in a blender combine the remaining garlic and oil, anchovy fillets, lemon juice, mustard, and egg yolks. Blend until smooth. Season to taste with salt and pepper. Dressing can be chilled up to 24 hours; let stand for 30 minutes at room temperature before using.

Place kale in an extra-large bowl; add dressing. Using your hands, work dressing into kale. Let stand at room temperature 30 minutes or up to 2 hours. To serve, sprinkle with cheese and top with chopped egg whites and croutons. Serves 8.

Source: *O Magazine*

Avocado, Mango and Toasted Seed Salad

This great flavorful lunch will stay great for 6 hours.

Ingredients

1 serving spring mix salad
1/2 cup edamame
1/2 cup chopped mango
1/2 cup sliced sugar snap peas
1/2 avocado
1/4 cup mixed toasted seeds (pumpkin, sunflower, hemp)
1 Tbsp rice-wine vinegar
1/2 tsp brown sugar
1/2 tsp soy sauce
2 Tbsp extra-virgin olive-oil or coconut oil
Salt and pepper to taste

TO PREPARE: Cover spring mix in a container with edamame, mango and sugar snap peas. Coat the avocado in the seed mixture (this will keep it from browning). Then blend rice-wine vinegar, brown sugar, sauce, oil along with the salt and pepper to make a vinaigrette (store in a separate container to keep other ingredients from getting soggy.)

Source: *marthastewart.com*

Quesadillas Poblano

If gluten-free guests are on your invite list, replace the flour with corn or rice-flour tortillas.

Ingredients

2 1/2 Tbsp olive oil or coconut oil, divided
2 medium poblano chiles, thinly sliced
1 cup sliced white onion
1 (15 oz) can pinto beans, drained and rinse
8 (8 inch) flour tortillas
8 oz shredded Monterey Jack cheese
5 radishes, thinly sliced
1 Tbsp fresh lime juice
3/4 tsp kosher or sea salt
1 rip avocado, sliced
1/4 cup cilantro leaves

TO PREPARE: Heat 1 Tbsp of the oil in a large skillet over medium-high. Add the poblanos and onion. Cook, stirring occasionally, until tender, about 10 minutes; transfer to a bowl. Wipe the skillet clean. Add the beans to the poblano mixture in the bowl; roughly mash with a fork to combine

Use 1 Tbsp of remaining oil to brush 1 side of each tortilla. Place 4 tortillas oiled-side down and top evenly with the poblano mixture and cheese. Cover with the remaining tortillas, oiled-side up.

Heat a skillet over medium-high. Cook the quesadillas in batches, until the tortillas are golden brown, crispy and the cheese is melted, 1 to 2 minutes per side.

Combine the radishes, lime juice, salt and the remaining 1 1/2 tsp of oil in a bowl. Cut the quesadillas into wedges and sprinkle with the dressed radishes, avocado and cilantro.

Source: *Real Simple*



Cannellini Beans

Here are some great ideas for a can of these cheap, protein-packed beans.

Cannellini Salsa

Stir together 1 can of beans; 1/4 cup each chopped fresh flat-leaf parsley and sliced red onion; 3 Tbsp each red wine vinegar and extra-virgin olive oil; and 1 tsp each sea salt and crushed red pepper. Serve over grilled fish fillets.

White Bean Horseradish Hummus

Process 2 cans of beans, 1/4 cup each extra-virgin olive oil and prepared horseradish, 2 Tbsp fresh lemon juice and 1 1/2 tsp kosher salt in a food processor until smooth. Transfer to a bowl and serve with crudité.

Tuscan Cannellini-and-Kale Salad

Whisk together 1/4 cup extra-virgin olive oil, 2 Tbsp chopped fresh oregano, 2 tsp lemon zest, 2 Tbsp fresh lemon juice, 2 tsp Dijon mustard, and 1 tsp each kosher salt and pepper. Add 4 cups sliced kale, 2 cans of beans and 2 cups halved cherry tomatoes. Toss. Top with grated Parmesan. Serves 4.

Source: *Real Simple*

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