

RECIPE FOR Wellness NEWSLETTER

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

LIFESTYLE

Almond milk is a popular staple for those who are lactose intolerant or wishing to decrease their saturated fat intake. Without much of a difference in taste, it can be substituted in any recipe that calls for milk and even tastes great right out of a glass.

Benefits

When compared to cow's milk, almond milk is lower in both fat and calories (even reduced-fat cow's milk options); when unsweetened, a glass of almond milk has just 30 calories per serving. For those on a vegan diet, it contains no animal products and so is without saturated fat and cholesterol.

Many almond milk products available in your local grocery store have been supplemented with vitamins A, B-12 and D. Vitamins A & D are important for immune function and vitamin B-12 is essential for critical functions such as blood cell formation. Therefore, almond milk has a place in most health-conscious diets.

Make Your Own

For a rich, pure nut flavor that is hard to find in a carton, consider making your own almond milk. It's easy to do and won't contain sweeteners, flavorings or thickeners that are typically found in store-bought almond milk.

Of course, if you're expecting your almond milk to contain calcium and other vitamins found in cow's milk then a commercial milk will be best. Consider unsweetened "Almond Breeze" made by Blue Diamond Almonds or the Whole Foods brand, 365 Everyday Value. These will be fortified with most essential vitamins and minerals while not containing chemical additives.

Homemade Almond Milk Recipe

Pulse 1 cup blanched or skin-on raw almonds with a pinch of salt in a food processor until finely ground. Add 2 cups boiling water to the food processor and pulse for 1 minute, then let steep for 10 minutes. Process again until frothy. Strain through a fine-mesh sieve, pressing to extract all the liquid; discard the solids. Add as much water as needed to bring the yield to 2 cups.

Refrigerate until it is cold (generally 1 to 2 hours). Add 1 to 3 teaspoons of honey or maple syrup to taste, if desired. Serve chilled or refrigerate covered for up to 4 days.

Adapted from realsimple.com

DID YOU KNOW?

Aloe vera is a natural sunburn remedy.

Aloe vera is touted as the "burn plant," the perfect natural remedy for a bad sunburn, and according to some studies it can help. Initial research has shown aloe vera aids the skin in healing from sunburns and mild burns. In addition, its oil can moisturize the skin, helping you avoid the peeling normally associated with sun damage.

There are different ways to apply aloe vera oil. Some people use the whole aloe vera plant and split the leaves to apply the sap to their skin directly. Others will purchase aloe vera oil at the super market to apply to a sunburn. You can place the aloe vera plant or oil in your refrigerator a few minutes prior to application to immediately cool the skin.

Please note: your Doctor of Chiropractic would encourage you to avoid aloe vera gel sold over-the-counter at your local drug store or supermarket due to the chemicals typically added by the manufacturers. For instance: polysorbates, acrylates, glycol and other alcohols. Pure aloe vera gel straight from the plant is best.

For more information visit:
www.uamshealth.com/?id=6046&sid=1

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FAMILY TIME

Summer months can mean family reunions, informal family get-togethers or just having a few relatives over for a visit but no matter the plan, FamilyFun magazine has provided some great ideas to put the “fun” in your family FUNctions.

Pictures - There are a couple of fun ideas that can center around photographs. First, before everyone arrives, paint some picture frames in bright colors then encourage everyone to have fun taking pictures. The frames can be square, like the one pictured here, or round, oval and even decorative with scroll work. For families with smaller children would be to allow the children to glue foam shapes or use foam letters to add the family’s surname to the frames.



Second, about a month prior to your family get-together, ask each family to take pictures of themselves going about their daily routines: waiting at the bus stop, gardening, sitting together as a family eating dinner or waiting in the reception room at their Family Wellness Chiropractor’s office. Text or email the images to a tech-savvy family member that can turn them into a presentation that can be shown at the gathering.

Time Line - A wide piece of butcher paper with a broad black line down the middle and taped to a table can become a “Family History Time Line”. A big bowl of markers and crayons are the tools for family of all ages to share significant dates. “Mom and Dad got married.” “Grandma was born.” Just a reminder that you will want to create year markers to get them started. These can be created with decorative tape or by drawing thick lines.

Getting-to-Know-You Games - Before the reunion, string card stock rectangles onto lengths of yarn and set out self-adhesive labels and markers or pens. As guests arrive they can craft a personalized nametag. The top label will have their name. The next label can name their parents and then the label below can name the parents of either their mother or their father (depending upon which family line the reunion includes). A fun game based on this concept could be a prize for the most family members to show up sharing the same bottom label.

Another fun game is made available for you at familyfunmag.com/printables where you will find “Reunion Bingo”. The bingo cards can be printed on card stock then handed out as each family member arrives. The goal is to circulate among family to find someone that “Can Wiggle Their Ears” or “Has a Cat”. When they find a family member that fits that square they have them sign the square. The first person with a Bingo wins.

These are Just a Few - FamilyFun Magazine provides quite a few ideas but a little imagination can offer more. For instance, ask everyone to provide baby pictures of the entire family. Place the pictures on a cork board and number each picture. Then create a sheet with the names of all the family members that are participating. Anyone that wants to play should try to match the picture to the name on the sheet of paper. The family member that can name the most babies accurately wins. Careful! Grandma will almost always take home the prize on this one!

Adapted from FamilyFun Magazine



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As a Doctor of Chiropractic, I acknowledge that motion is life - the body was meant to move.

Lack of Movement

Sitting for long hours at a desk, especially with poor posture, can have a lasting negative effect on your spine resulting in back pain or discomfort.

Another problem related to a lack of movement can be joint discomfort. Staying in the same position for hours on end can make joints feel tight. Sitting at a desk may have the specific result of shortening and tightening the hip flexors, which are the muscles that help pull your legs toward your body.

Movement is Health

The first step to wellness in the work space is to get moving. There are many ways to accomplish this, and depending upon your office environment some or all of the following may be the key: if you need something from a co-worker, go get it; spend your breaks walking around the building not sitting in the break area; and set the timer on your cell phone to go off every hour and go for a 2-minute walk, or every other hour walk for 5 minutes.

Water for Wellness

Keeping water at your desk will have many positive benefits. One of which is keeping you hydrated. It also provides an excuse to move every hour or so. No employer that sees a worker with a bottle of water at their desk is going to be surprised when they make extra trips to the restroom.

Feature: From Dr. John

Our next Pathways Meeting

Wed, July 15th, 2015 from 6:30-7:15pm

Join our discussion on how to keep your active family injury-free!

Upcoming Workshop: Optimizing Your Digestive Health

Mon, July 13th, 2015 at 6pm

Dr. John will address common digestive conditions (IBS, Crohn's, constipation, diarrhea, colitis and reflux), along with preventative and restorative solutions to get back your quality of life and improve your immunity.



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Grapefruit Pomegranate Smoothie

Stay cool this summer by starting the day with a cool drink.

What You'll Need

- 2 cups frozen strawberries
- 1 1/2 cups green tea ice cubes*
- 1 cup grapefruit, peeled, seeded and chopped
- 1 1/2 cups pomegranate juice
- 1/2 teaspoon ground ginger
- Stevia, maple syrup or honey to taste

TO PREPARE: Blend all ingredients together until frosty. Taste and sweeten as desires.

*To make green tea ice cubes, simply freeze prepared green tea in ice cube trays until solid.

Source: *Mother Earth Living*



All Avocado

A healthy and delicious snack that is packed with fiber and other good-for-you nutrients!

What You'll Need

An avocado halved and pitted then any of the following healthy filling options:

Black Bean Salad

- 1/4 cup black beans
- 2 tablespoons diced red bell pepper
- 2 teaspoons minced scallion
- 2 pinches chili powder
- 1/2 teaspoons each olive oil and lime juice
- Dash of salt and sprinkle of cheddar

Lightened-Up BLT

- 2 tablespoons each diced ham and tomato
- 3 tablespoons shredded lettuce
- 1 teaspoon mayo
- Salt and pepper
- Croutons

Strawberry Salsa

- 3 tablespoons chopped strawberries
- 1 1/2 teaspoons finely diced red onion
- 2 tablespoons diced cucumber
- 1/2 teaspoon lime juice
- 2 teaspoons cilantro
- Salt and pepper

Source: *FamilyFun*

Breakfast Blend

Jump-start your daily vegetable intake with this simple smoothie. Because it's blended (not juiced), you still benefit from all the fiber in the blueberries and spinach. You'll only need a bit of the naturally sweet coconut water to hide the spinach-y taste from your morning taste buds; the rest of the liquid can be plain water.

What You'll Need

- 1 cups frozen blueberries
- 1 to 2 handfuls fresh spinach
- 1/2 can (about 9 ounces) of coconut water
- 1 cup water

TO PREPARE: Combine ingredients in a blender. If there isn't enough liquid to cover the other ingredients then add a bit more water. (This will help it blend easily.) Churn until evenly mixed.

FOR A BOOST: Add protein by tossing in a handful of raw, unsalted almonds or add some almond milk. Aid in digestion by adding 1 to 2 tablespoons of ground chia seed. Customize by adding your own favorite fruit to the recipe.

Source: *Mother Earth Living*

Green Salad with Avocado and Chive Dressing

A great, healthy lunch option. This salad with homemade dressing is tasty and rich in vitamins and nutrients.

What You'll Need

- 1 cup frozen shelled edamame
- 3/4 cup minced chives (from 1 to 2 bunches)
- 1 avocado (pitted, peeled and diced)
- 5 tablespoons extra-virgin olive oil or coconut oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons mayonnaise
- 1 tablespoon capers
- 1 tablespoon soy sauce
- 1/4 teaspoon salt and ground pepper
- 4 ounces (5 cups) of spring mix salad
- 1 red bell pepper (cut into matchsticks)
- 1/2 cup roasted cashews

TO PREPARE: In a saucepan of slated water, boil 1 cup of edamame until crisp-tender, about 4 minutes. Drain and set aside. In a blender, combine chives, 1/4 avocado, olive oil, apple cider vinegar, mayonnaise, capers, soy sauce and salt and pepper.

In a large bowl, combine salad mix, red bell pepper, the remainder of the avocado the cashews and the reserved edamame. Pour chive dressing over the top and toss then divide among 4 plates and serve.

NOTE: This can also be served as a side with a roasted chicken breast or other protein source for a healthy dinner option on a hot summer evening.

Source: *Oprah.com*



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Turkey Burgers with Avocado Salsa

These turkey burgers are so hearty and full of flavor that they hardly need a bun. Instead, serve them solo on a bed of grilled veggies for a memorable outdoor summer dinner.

Ingredients for Salsa

1 avocado, finely chopped
1/2 pound roasted red peppers, finely chopped
1 tablespoon lime juice
2 tablespoons thinly sliced basil
1/4 teaspoon or more finely chopped habanero pepper
Salt to taste

Ingredients for Turkey Burgers

1 pound ground turkey
2 eggs, lightly beaten
1/2 cup plus 2 tablespoons dried bread crumbs
1/2 cup grated cheese
2 tablespoons finely chopped basil
1/2 teaspoon pepper

TO PREPARE: For the salsa, put avocado, red peppers, lime juice, basil, habanero peppers and salt into a bowl and toss to combine. Set aside.

For the burgers, preheat grill. Put turkey, eggs, bread crumbs, cheese, basil and pepper into a large bowl and mix together well. Shape turkey mixture into 4 patties then grill, flipping once, until just cooked through. Serve turkey burgers topped with salsa.

Source: www.wholefoodsmarket.com

Flaxseed Apricot Chews

A healthy but delicious dessert.

Ingredients

3 cups (about 1 pound) dried apricots, roughly chopped
1 cup chopped pitted dates
1 cup shelled flaxseeds
2 tablespoons lemon juice
1 teaspoon ground nutmeg
1 teaspoon vanilla extract

TO PREPARE: Line a square baking dish with parchment paper and set it aside. Pulse all ingredients in a food processor until mixture forms a chunky paste. Transfer to the prepared pan and press with a spatula to create an even thickness. Cover and chill until firm, 1 to 2 hours, then cut into squares for serving.

Source: www.wholefoodsmarket.com



Ideas for No-Cook Sides

These healthy options are quick and don't require the stove or oven on a hot summer night!

Zucchini Coins with Chili and Parmesan

2 1/2 pounds zucchini sliced 1/4" thick
1/3 cup olive oil or coconut oil
3 tablespoons lemon juice
2 teaspoons red pepper flakes
2 ounces grated parmesan
Dash of salt and pepper

TO PREPARE: Combine zucchini, olive oil, lemon juice and red pepper flakes. Let sit, stirring occasionally until softened, 40 to 45 minutes. Stir in parmesan and season with salt and pepper.

Mexican Pinto Bean Salad

2 15.5 ounce cans pinto beans (rinsed)
1 chopped bell pepper
4 chopped scallions
1 cup fresh salsa or pico de gallo
4 ounces (about 1 cup) crumbled ricotta salata
1/4 cup olive oil or coconut oil
2 tablespoons lime juice
Dash of salt and pepper

TO PREPARE: Combine all ingredients.

Green Bean Salad with Cashews

1 1/2 pounds green beans thinly sliced crosswise
1/2 cup roughly chopped cashews
1/4 cup olive oil or coconut oil
2 tablespoons tahini (sesame-seed paste)
2 tablespoons of water
1 tablespoon of apple cider vinegar
Dash of salt and pepper

TO PREPARE: Combine oil, tahini, water, vinegar, salt and pepper. Fold in green beans and cashews.

Avocado Salad with Spicy Cilantro and Red Chili Salsa

4 quartered and peeled avocados
1/3 cup torn cilantro
1/4 cup olive oil or coconut oil
2 tablespoons lime juice
1 tablespoon finely chopped red chili
1 teaspoon finely grated lime zest
Dash of salt and pepper

TO PREPARE: Combine cilantro, olive oil, lime juice, red chili, salt and pepper. Spoon over avocados top with lime zest.

Source: realsimple.com