



RECIPE FOR Wellness NEWSLETTER

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

LIFESTYLE

Although finding the best eating habits and schedule for you is a personal experience, these tips may help start the process.

Start the Day with a Glass of Water - Many experts recommend room-temperature water, however, whatever the temperature, add a squeeze of citrus or a teaspoon of organic apple cider vinegar. This is hydrating, offers some natural energy and encourages healthy bowel movements, which is a key to natural detoxification.

Eat a Breakfast High in Protein - Make sure your breakfast choice includes healthy fat, a vegetable and whole grains if you tolerate them well. Avoid sugar in the morning. High-protein breakfasts energize us, steady blood sugar, and contribute to healthy weight maintenance.



Allow Yourself to Feel Hungry - It's okay to be hungry before your next meal or snack but don't get so hungry that your blood sugar plummets. You'll know you're too hungry if you get shaky, woozy, tired, irritable or nauseated. To test for true hunger, try this experiment from Michael Pollan: Ask yourself if you're hungry enough to eat an apple. If not, there's a good chance you're thinking about eating for different reasons.

Good Snacks Between Meals - Every snack should include protein, healthy fat, an optional vegetable and maybe some natural sugar. Think apples with almond butter and cinnamon; carrots with hummus and cilantro; or a slice of turkey rolled up with goat cheese and sprouts.

For Lunch and Dinner - Be sure to enjoy plenty of greens and vegetables, protein and fats. Allow yourself a starchy food or two, such as whole grains or potatoes. A healthy balanced meal will increase melatonin production for a better night's sleep. Try to finish dinner a few hours before you go to bed.

Six Small Meals vs Three Large Meals - It is not required that you eat three large meals a day with a few healthy snacks in between. While this is the "accepted" meal plan, it's not right for everyone. You may be one of those people that needs to add fuel to your system gradually to allow your metabolism to burn correctly. If this is the case then you should be eating six small meals about every 2 to 3 hours as opposed to three big meals and two small snacks. The best thing to do is to test different meal plans until you find the one that works with no major hunger pangs, no lags in energy and a healthy burning metabolism evidenced by weight loss or maintenance.

Adapted from motherearthliving.com

DID YOU KNOW?

Cherie Colbom, author of the books, "Juicing for Life" and "Turbo Diet", has said that when she first started juicing she felt worse before she felt better due to detox reactions.

"You are going to be losing fat and when those fat cells are breaking down and all those toxins are getting released, you will need a lot of antioxidants to get them out of your system and render them harmless. That's where juicing is just powerful," she explained. Be sure to listen to your body when you begin.

Careful Considerations

If your diet hasn't always been a healthy one, your digestive system is probably a little "wounded" so be cautious. Drinking the juice should never make you feel nauseated or cause you to gag.

Also, if after drinking your juice, you find that you are having gastric distress, then discuss what you juiced with your Family Wellness Chiropractor so that you can decide together what might be causing that distress. Then you can eliminate that item from future juices and see if that relieves the issue.

Remember that it is important to speak with your healthcare professional before making any major dietary changes.

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FAMILY TIME

In some areas, summer is too hot to go outside for more than an hour at a time; that's why fall can be a welcome relief. Be sure to take advantage of the cooler (but still warm enough) weather and spend some time outside with the family.

Visit an Orchard - If you live in an agriculturally rich community then this is a great idea. Picking apples or other fruits is an invigorating outdoor experience and an opportunity to teach children about food sources while doing something both fun and educational. Just do an online search for "fruit picking near me" and you're ready to enjoy this fun family experience.

Prepare for Halloween/Harvest Festival - Whether it's decorating your home or making your own costumes, anything that encourages your child to use their imagination is guaranteed to be fun. Ask your child, "If anything were possible, what would you want your costume this year to be?" Then go from there. Remember that Pinterest is a wealth of ideas for just about everything.

Picnic or Outside Snack - Anything out of the ordinary is a rare treat for a child and, while eating on the ground may not be your favorite thing to do, your child is probably going to love it. A picnic doesn't have to be a large elaborate meal but can be as simple as a few snack foods and bottled water. The enjoyment is found in doing something unusual. Consider allowing your child to help determine the menu, prep the food, pack up a basket and grab a blanket. To add a little fun twist consider making it a surprise outing for an older sibling or a spouse; leave notes around the house to have one or both find you in the backyard when they get home from school and/or work.

Scavenger Hunt - Always a fun excursion, planning a scavenger hunt can be as simple or complex as you desire. For a simple scavenger hunt, type up a list of items that you're sure will be found in your neighborhood. These items can be a leaf, a flower, a pine cone, a rock, and/or a dandelion. You get the idea, make a list and then find each item. For a more complex scavenger hunt, create clues that each will lead to the location of the next clue. For instance, if you have a local play area you could tape a clue to the underside of the slide and the clue for that location could be something like, "You'll climb a ladder to the sky, then on your bottom you will slide." The clues can be as easy or as complex as you desire and can be just a few or take an hour. You're only limited by what your child will find enjoyable.

Painted Rocks - A new popular pastime, this is fun for the entire family. There are Facebook pages for almost every city and community. You and your children paint some rocks then go hide them in your local area. Take a picture of the rock in its new hiding place then post the picture to the site. Others will find your rocks then post when it's been found. They may choose to keep your rock or hide it again. Equally fun is to look for rocks hidden by others and be the one to post your find.

Adapted from Parents Magazine



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

There were twice as many physically demanding jobs in the 1950's as there are today and that means more and more people are sitting at desks doing jobs that require no physical effort. While our lives have become sedentary, so have our jobs.

Lack of Movement and Potential Problems

Sitting for long hours at a desk, can have a lasting negative effect on your spine resulting in back pain or discomfort and studies show that back pain is one of the most common reasons for missed work, regardless of age.

Another problem related to a lack of movement can be joint discomfort. 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. Tight hip flexors may contribute to back pain as well, since tight hips force the pelvis to tilt forward, compressing the back.

Carpal Tunnel Syndrome is another typical problem related to desk jobs. And it's not just pain, discomfort or soreness from typing; but numbness, itching, tingling or sharp pain related to nerves running through the forearm being compressed by swollen ligaments and bones in the wrist.

Eye strain and stress are also common problems related to desk jobs; especially when there are deadlines that require long hours at the computer without regular breaks.

Movement is Health

The first step to work space wellness is to get moving. If you need an item from a co-worker, don't call and ask for it, go get it, and spend your breaks walking around the building not sitting in a break area.

Set a timer on your cell phone to go off every hour and go for a 2-minute walk, or for a 5-minute walk every other hour. It also helps to get a coworker to make these minor changes with you.



Remember that motion is life – the body was meant to move – so staying in once position for hours on end is not healthy.



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Greens, Eggs & Ham Frittata

Spring onions look similar to green onions but have a larger bulb that varies from white to purple and tends to be milder and sweeter. The onions are interchangeable in recipes.

Ingredients

10 large eggs
1 1/2 cups shredded Monterey Jack cheese
1/2 cup finely grated Romano or Parmesan cheese
4 to 6 thin slices of smoked ham torn into pieces
2 Tbsp. butter
2 Tbsp. coconut or olive oil
1 large spring onion or 4 green onions, sliced thin
10 oz. mixed baby greens, such as chard and spinach
1/4 tsp ground black pepper

TO PREPARE: Preheat oven to 350°F. In a large bowl whisk together eggs, cheeses, ham and 1/4 tsp ground black pepper.

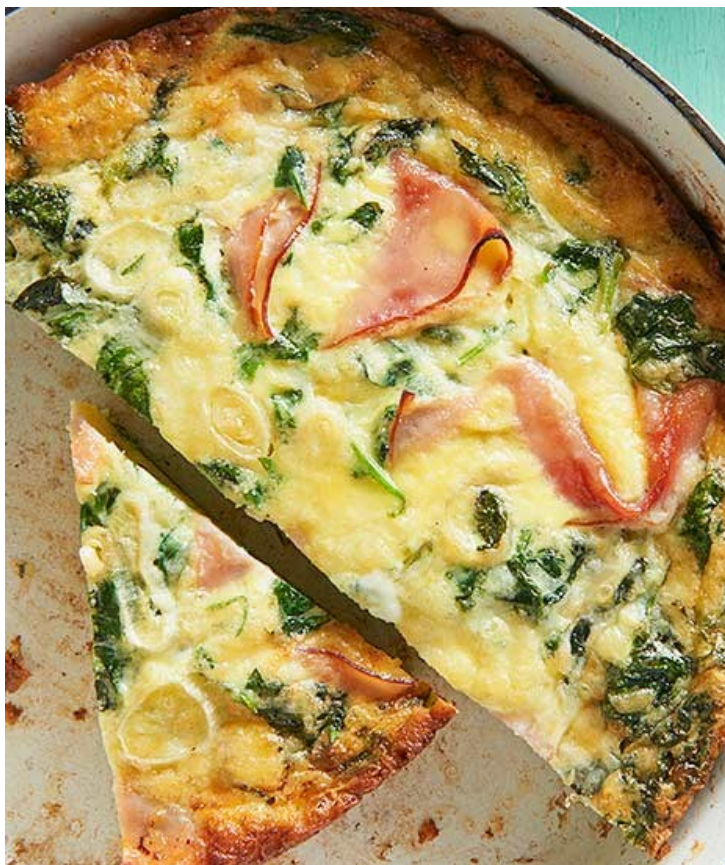
In an oven-going 10-inch skillet heat 1Tbsp. butter and 1 Tbsp. oil over medium heat until butter is melted. Add onion; cook and stir 2 minutes or until tender. Gradually add greens; cook and toss 2 minutes or until wilted.

Transfer to a colander to drain, pressing out excess liquid. Stir greens into eggs.

In the same skillet heat remaining butter and oil over medium heat until butter is melted. Pour in egg mixture.

Bake 20 minutes or until lightly puffed and set. Remove; let cool 10 minutes before serving. Makes 6 servings.

Source: *Better Homes & Gardens*



Avocado & Turkey Egg in a Hole

A protein-packed breakfast dish.

Ingredients

1 ripe avocado, sliced and mashed with a fork
8 sourdough bread slices
12 oz. roasted turkey breast slices
4 Monterey Jack cheese slices
1/4 cup coconut or olive oil
4 large eggs

TO PREPARE: Spread avocado evenly on 4 bread slices; top each with 3 oz. turkey and 1 cheese slice. Cover with remaining bread slices.

Heat 1 tablespoon oil in a large skillet over medium-high; add 2 sandwiches to skillet, and cook until bottom of bread is toasted, 4 to 5 minutes. Add 1 Tbsp. of oil to skillet, and carefully flip sandwich over. Cook until bottom is toasted and cheese is melted, 2 to 3 minutes. Remove sandwich from skillet. Using a 2 1/2 to 3 inch round cutter, cut out the middle of each sandwich, reserving cutout pieces to serve.

Return sandwiches with cutout centers to skillet. Crack 1 egg into each hole, and cook until white of egg is set, about 5 minutes, cover skillet, if needed. Repeat with remaining 2 sandwiches.

Source: *People Magazine*



Lemon Pepper Kale Chips

A healthy, crispy snack

Ingredients

8 dinosaur kale leaves, stemmed
1 Tbsp. coconut or olive oil
Sea salt and ground black pepper
1 lemon for zesting

TO PREPARE: Preheat oven to 375°F. Rub the kale with the oil, evenly coating both sides; cut into 2-inch pieces.

Spread out the pieces evenly on 2 parchment-lined baking sheets; season with salt and pepper. Bake, rotating and switching the pans halfway through cooking, until crisp, about 8 minutes.

Zest the lemon over the hot chips.

Source: *rachelraymag.com*



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Broccoli Rabe, Chickpeas and Fresh Ricotta

this rich, zesty combo as a warm salad or over pasta for an even heartier dish.

Ingredients

- 1 bunch broccoli rabe, rinsed and trimmed
- 1 15-oz. can chickpeas, drained
- 2 cloves garlic, sliced
- 3 Tbsp. coconut or olive oil, plus more for drizzling
- Sea Salt
- 1 cup ricotta, fresh
- Crushed red pepper flakes
- 2 Tbsp. fresh lemon juice

TO PREPARE: Heat broiler. On two baking sheets, toss broccoli, chickpeas and garlic with oil then season with salt.

Broil for 2 minutes, then flip broccoli and continue to broil until leaves are crisp and the stems are tender, 2 minutes more. Broil one tray at a time if your oven can't accommodate both on the same rack. Serve topped with ricotta and red pepper flakes. Add lemon juice and drizzle with oil.

Source: wholeliving.com



Skillet Spinach Lasagna

A great tasting and deliciously healthy meal.

Ingredients

- 1 lb. ground mild Italian sausage
- 1 28-oz. can crushed tomatoes
- 1 1/2 tsp. dried Italian seasoning
- 1 tsp. sea salt, divided
- 1 16-oz. container ricotta cheese

TO PREPARE: Cook the sausage, stirring often, in a 12-inch ovenproof nonstick skillet over medium-high until cooked through and browned, about 8-minutes. Reduce heat to medium. Add the tomatoes, Italian seasoning, and 1/2 teaspoon of the salt; cook, stirring occasionally, until the sauce begins to simmer, about 4 minutes. Meanwhile, stir together the ricotta, egg, 1 cup of the mozzarella, and the remaining salt in a medium bowl.

Remove the skillet from heat; set aside 3 cups of the sauce in a bowl. Preheat broiler with oven rack 6 inches from heat. Place a layer of lasagna noodles over the sauce in the skillet, breaking the pieces to fit as necessary. Top with 1 cup of the reserved sauce, 3/4 cup of the ricotta mixture, and 3 cups of the spinach. Repeat the layers twice with the remaining noodles, sauce, ricotta mixture, and spinach, omitting the spinach from the top layer.

Return the skillet to heat; cover and cook over medium until the noodles are softened and the sauce begins to bubble, about 20 minutes. Top with the remaining 1 cup of spinach; cover and cook just until the spinach wilts, about 1 minute. Uncover and top with the remaining 1 cup of mozzarella. Broil until the cheese begins to brown, 4 to 5 minutes. Sprinkle with the basil.

Source: realsimple.com

Loaded Baked Sweet Potatoes

Roasting sweet potatoes directly on the oven rack allows their skins to become extra-crisp. For a variation, try pale-fleshed Japanese sweet potatoes.

Ingredients

- 4 medium sweet potatoes, scrubbed
- 3 Tbsp. coconut or olive oil, plus more for drizzling
- Sea salt and freshly ground pepper
- 8 ounces broccoli rabe, tough ends trimmed
- 1 15-oz can cannellini beans, drained and rinsed
- 1/4 cup slices pepperoncini, plus brine for drizzling
- Flaky salt, such as Maldon, for serving

TO PREPARE: Preheat oven to 400°F with racks in upper and lower thirds. Prick potatoes all over with a fork. Rub with 2 tablespoon oil; season with salt. Place directly on top rack, with a parchment-lined rimmed baking sheet on the rack below. Roast for 45 minutes.

Meanwhile, toss broccoli rabe with remaining 1 tablespoon oil; season with salt and pepper.

Carefully remove parchment from lower baking sheet; add broccoli rabe in a single layer. Roast, tossing once, until tender and bright green and potatoes are soft and oozing; about 15 minutes.

Transfer vegetables to a cutting board; let cool slightly, then chop broccoli rabe into bite-size pieces.

Split sweet potatoes open; mash lightly with a fork. Top with broccoli rabe, beans and pepperoncini.

Serve drizzled with oil and brine and sprinkled with flaky salt.

Source: marthastewart.com