



RECIPE FOR Wellness NEWSLETTER

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

LIFESTYLE

Habitually-Happy-People Habits start as easy as the habit of brushing your teeth, it doesn't take a lot of effort or discipline. The following habits can be incorporated in to your day-to-day routine to help you be happier.

Give Thanks - In his book *The Happiness Equation*, Neil Pasricha writes, "If you can be happy with simple things, then it will be simple to be happy." He then suggests writing down three to five things you're grateful for from the past week. What's important is tuning in to what is good in your life—a habit that trains your brain to scan for positives instead of negatives.

Say Something Nice - The next time someone asks you how you're doing, think of something positive and specific to say instead of automatic replies of "ok" or "tired" says Michelle Gielan, author of *Broadcasting Happiness*. A simple shift in how you communicate can help you get in a positive mindset and create contagious optimism, encouraging the person you're speaking with to be positive as well.

Get Some Exercise - We all know exercise is good for us both physically and mentally. It wards off health problems, keeps weight in check, and can help us feel less stressed and anxious. Then why is it so hard for many of us to make exercise a habit? In *Happiness is a Habit*, author Michelle Phillips suggests doing something that moves your body every day, but don't just exercise for the sake of exercising. Consider something you love— like hiking, dancing, swimming, etc. It will be more fun so you'll likely keep doing it.

Know How to Unplug - Technology has some wonderful benefits, but the constant stream of incoming emails, text messages and social media posts can take its toll, leaving us feeling distracted, stressed and even depressed. Simple changes in the way we use technology can help, such as limit checking email and social media to only a few times a day and deactivate alerts on your cell phone; unplug from all electronics at least 30 minutes before bed; use social media to deepen existing connections rather than comparing yourself to others; and choose one day a week to take a complete break from email or social media or do something once a day without your cell phone.

Connect With Nature - Growing research suggests people who interact with and appreciate nature experience more life satisfaction so once a month consider a "Random Act of Wildness" and spend a day outdoors with nature.

Be Mindful - Mindfulness is simply being aware of our thoughts, feelings and bodily sensations in the moment. Take 20 minutes a day to just focus on you.

Get Things Done - Procrastinating is draining. Tackling tasks can set us free and help us feel happier. Don't put off to tomorrow what you can do today.

Nurture Relationships - Happiness researcher and author of *The Happiness Advantage*, Shawn Achor says to start each day by sending a short email or text to someone you know with praise or thanks. It will start your day off on a positive note and strengthen your relationship with that person.

Adapted from motherearthliving.com



DID YOU KNOW?

There are quick natural remedies for some of the most common conditions.

Burns - Immediately immerse the affected area in cold water until the burning sensation subsides. Then apply aloe vera gel mixed with lavender essential oil (5 drops of lavender oil mixed with 1 tablespoon of aloe vera gel). For a sunburn, soak in a cool bath with 10 drops of lavender essential oil.

Insomnia - Drink a cup of warm chamomile tea. For stronger sedative action, take up to 1 teaspoon of valerian tincture before bed. Take a warm bath with 10 drops of lavender essential oil.

Blisters - To dry a blister, soak a gauze pad in witch hazel, place over the blister, cover with an adhesive bandage and, after blister has broken, wash with echinacea extract diluted with an equal amount of water. Apply calendula-comfrey salve and cover with an adhesive bandage.

Anxiety - Drink chamomile tea, 3 cups a day; take valerian tincture, 1/2 to 1 teaspoon up to 3 times a day; take a bath with 10 drops of lavender essential oil or place a drop of lavender oil on a tissue and inhale as desired or when feeling anxious.

These are just a few of the quick natural remedies available for common conditions.

Adapted from motherearthliving.com

INSIDE THIS ISSUE

Page 1	Lifestyle
Page 1	Did You Know?
Page 2	Family Time
Page 2	Feature
Page 3	Recipes
Page 4	Recipes



FAMILY TIME

As it gets colder outside, it's important to find family-fun activities that can keep kids entertained, engaged and encouraged. That may sound easier said than done, but this idea is one that will do all of the above and then some. Help your children put together a family tree. There are several different ways that you can do this and an abundance of additional ideas just a Google search away.

Wall-Mounted - Available at Amazon or other online retailers are vinyl cutouts that can be placed on a large wall. Then, using pictures for each family member, create your family tree. With some of the designs they have leaves on which you can write the details for each.

Standing Tree with Ornaments - Using a tree similar to the one shown here, or a branch placed in a can with cement, you can create an actual tree and hang paper or wood ornaments that you create with your children. Pictures can be glued to one side of the ornament and then information can be placed on the other side.

Poster Board - A simple sheet of poster board will also be effective. In this case, consider drawing an official family-tree outline using a flow chart. A quick Google search for "family tree flow chart template" will provide you several options for just immediate or extended family. If you want it to look more creative as opposed to official, consider drawing a tree and using leaf cutouts to add your family to the tree. In this case, you may want to use smaller images so that the picture and the information can fit on one side of your leaf as you will be taping or gluing it to the tree and won't be able to access both sides.

Other Great Ideas - These three ideas provide a spectrum of the possibilities, providing an example of one extreme to the other, but there is no limit to the different ways you may decide to do this. It can be a project that will take all winter, if that's the case, consider buying a jigsaw puzzle mat on which you and your kids can work so that you can easily roll it up for storage when your work is completed for the day.

Purpose to this Project - As always the primary goal here is to provide ideas for spending more quality time as a family. Research has shown that children consistently engaged with their parents grow up healthier and happier. In this case, however, the purpose behind this project is to encourage children to engage with more than just their parents. Children working on a project such as this will be reaching out to their parent's parents, perhaps parent's siblings (depending upon the size of the project) and so will learn about their aunts, uncles and cousins.

Depending upon the amount of time you want to allocate to this project (for instance, just a few hours a week) and how extravagant you decide to be, this project will provide many hours of happy family time!



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As your Doctor of Chiropractic, I am committed to your family's overall health and wellness. With a desire to help you live a wellness lifestyle, free from illness and disease, I have dedicated my practice to providing educational and informational recommendations for living.

Mattresses

A study published in the Journal of Chiropractic Medicine in 2006 showed that sleeping on a new mattress or the right mattress can significantly improve sleep and reduce stiffness and back pain.

Researchers studied a control group of 59 participants who slept on their own bed that was more than 5-years-old for 4 weeks. They then monitored them for the same amount of time on a new bed. After careful consideration of the difference in lower back discomfort, spine stiffness, sleep quality, comfort and efficiency, they found that there were immediate and sustained benefits reported.

Mattress Facts

Mattresses are meant to uniformly support your body from head to toe. If there are gaps between a part of your body and the mattress then you're not getting the full support that you need. For instance, look for a gap between your waist and the mattress. Conversely, a mattress can be too firm and put uncomfortable pressure on the shoulders, hip and back. In order to avoid creating indentations in the mattress it is advised that you turn it, but don't flip it, once every two to three months, consider turning your mattress every time the seasons turn. Finally, a mattress will generally need to be replaced every five to eight years or when you find that you're waking up with stiffness or pain in your lower back, hips, arms or legs.





WELLNESS AT BREAKFAST, LUNCH AND DINNER

Leeks are a great source of dietary fiber, vitamin B6, iron and magnesium, and a very good source of folate as well as vitamins A, C, and K. It is recommended to use only the white and light-green parts of the leek. To clean, slice in half lengthwise, leaving the root end intact. Submerge in water several times to wash away all dirt.

Cheesy Mushroom and Leek Frittata

A warm and healthy breakfast option.

Ingredients

10 large eggs
8 oz. part-skim mozzarella cheese, grated (about 2 cups), divided
1 1/2 tsp. kosher salt, divided
1 tsp. black pepper, divided
2 tbsp. coconut or olive oil
1 lb. shitake mushrooms, stems removed and caps sliced
1 leek, white and light green parts only, thinly sliced into rings

TO PREPARE: Preheat oven to 350°F with racks in the middle and upper positions. Whisk eggs, 1/2 cup cheese, 3/4 teaspoon salt, and 1/2 teaspoon pepper in a medium sized bowl.

Heat oil in a large oven-safe skillet over medium. Add mushrooms, leek, and remaining 3/4 teaspoon salt and 1/2 teaspoon pepper. Cook, stirring often, until leek begins to brown and liquid has evaporated, 12 to 15 minutes. Transfer half of the vegetables to a medium bowl.

Add egg mixture to skillet, tilting to distribute evenly. Cook, without stirring, until frittata begins to set around the edges, about 2 minutes. Transfer skillet to the middle rack of oven and bake until just set in the center, about 15 minutes. Remove from oven.

Increase oven temperature to broil. Scatter remaining 1 1/2 cups cheese and reserved vegetables over frittata, all the way to edges of skillet. Broil until cheese is melted and browned in spots, 2 to 4 minutes. Let stand for 5 minutes before serving.

Source: realsimple.com

Frizzled Leeks

A flavorful addition over mashed celery root or potatoes.

Ingredients

1 large leek
1 cup coconut oil
Salt to season

TO PREPARE: Split the leek lengthwise and cut into 2-inch matchsticks. Heat oil in a deep skillet over medium; working in 2 batches, fry leeks until golden brown, 2 1/2 minutes. Transfer to a paper-towel-lined baking sheet; sprinkle with a pinch of salt after each batch. Then serve over mashed celery root or potatoes.

Source: familycircle.com

Leek and Cauliflower Soup

A warm healthy lunch option that can be placed in a thermos and sent to school or taken to work.

Ingredients

4 cups thinly sliced leeks
6 cups unsalted chicken stock
1 head thinly sliced cauliflower
1 tbsp. chopped fresh dill, divided
2 tbsp. unsalted butter, divided
2 tbsp. olive or coconut oil, divided
1 tsp white wine vinegar
2 tsp. salt
1/4 tsp. freshly ground black pepper
1/4 cup shredded cheddar for garnish

TO PREPARE: In a large pot, cook leeks in a tablespoon each of unsalted butter and coconut or olive oil until softened, about 5 minutes. Transfer to a bowl.

Add another tablespoon each of butter and oil to the pot and cook the cauliflower until browned, about 7 minutes. Add the chicken stock, 1/2 of the chopped dill and the leeks and bring it all to a boil, then simmer, covered, for about 15 minutes.

Let cool for 3 minutes; blend with an immersion blender until smooth. Stir in the salt, pepper, rest of the dill and the white wine vinegar and then top with the cheddar.



Leek Vinaigrette

A flavorful drizzle.

Ingredients

Half a leek, finely diced
6 tbsp. extra-virgin olive oil or coconut oil
1/4 cup white wine vinegar
1 tsp chopped fresh tarragon
1 tsp. Dijon mustard
1/8 tsp. sea salt
1/8 tsp. black pepper

TO PREPARE: Mix leek with white vinegar, Dijon mustard, salt and pepper. Whisk in oil of your choice. Finally, fold in tarragon. Drizzle over roast chicken or baked fish.

Source: familycircle.com



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Steak Salad with Crispy Potatoes and Lemon-Parmesan Dressing

A delicious lunch or dinner option.

Ingredients

1 lb. baby Yukon Gold potatoes	2 oz. Parmesan cheese, grated, divided
1 tbsp. plus 1 3/4 tsp. sea salt, divided	1 lb. sirloin steak (1 in. thick)
1/4 cup plus 2 Tbsp. olive oil, divided	2 tsp. lemon zest plus 1/2 cup fresh juice (from 4 lemons)
1 1/4 tsp. black pepper, divided	8 cups bitter greens, such as radicchio and/or mustard greens

TO PREPARE: Preheat oven to 450°F. Combine potatoes and 1 tablespoon salt in a medium pot and cover with cold water by 1 inch. Bring to a boil over high. Reduce heat to medium and simmer until potatoes are tender when pierced with a sharp knife, 12 to 15 minutes. Drain potatoes and return them to pot.

Pour 1 tablespoon of oil on a rimmed baking sheet and scatter potatoes over it. Using a glass or flat-bottomed measuring cup, gently flatten each potato. Turn potatoes to coat in oil and season with 1/2 teaspoon each salt and pepper. Scatter 1/4 cup cheese over potatoes. Bake until golden and crispy, 18 to 20 minutes.

Meanwhile, heat 1 tablespoon oil in a large skillet over medium-high. Season steak with 1 teaspoon salt and 1/2 teaspoon pepper. Add steak to skillet and cook, turning once, until deeply browned, about 5 minutes per side for medium-rare. Let rest for 5 minutes before slicing.

Whisk together lemon zest and juice and remaining 1/4 cup oil, 1/4 cup cheese, and 1/4 teaspoon each salt and pepper in a medium bowl. Place greens in a large bowl; drizzle with half of the dressing and toss to coat. Transfer to a platter, top with warm potatoes and steak, and drizzle with remaining dressing.

Source: realsimple.com

Bacon and Maple Caramelized Brussels Sprouts

A delicious side dish for any dinner.

Ingredients

1 slice thickly cut bacon	1 tbsp. bacon fat (drained from bacon)
1 pound Brussels sprouts	2 1/2 tbsp. pure maple syrup
1/4 cup pecans, chopped (optional)	Sea salt and freshly ground black pepper, to taste
1/2 cup fresh or frozen cranberries or 3 tbsp dried cranberries	

TO PREPARE: Cook bacon in a hot skillet, then drain and reserve the fat. Preheat oven to 425°F. Cut Brussels sprouts in half. In a large bowl, toss cranberries (if using fresh or frozen) and Brussels sprouts in maple syrup and reserved bacon fat. Sprinkle with salt and freshly ground black pepper. Transfer sprouts mix to a roasting pan and place in hot oven. Roast for 15 to 20 minutes, until the edges are browned. While sprouts are roasting, chop bacon into small pieces. Remove sprouts from oven and add bacon, pecans (if using) and dried cranberries (if using instead of fresh). Toss and serve.

Source: motherearthliving.com

Vegetarian Shepherd's Pie

A delicious, nutritious dinner favorite.

Ingredients

3 tbsp. coconut or olive oil	2 tbsp. chopped fresh flat-leaf parsley, plus more for garnish
1 medium eggplant, peeled and chopped	1/2 tsp. black pepper
2 cups frozen pearl onions, thawed	1 tsp. kosher salt, divided, plus more for cooking potatoes
2 carrots, chopped	2 medium russet potatoes, peeled and chopped
2 cups vegetable broth	2 oz. pecorino cheese, grated (about 1/2 cup)
2 tbsp. tomato paste	1/2 cup whole milk

TO PREPARE: Heat oil in a large skillet over medium-high. Cook eggplant, onions and carrots, stirring, until tender and starting to brown, 10 to 15 minutes. Stir in broth, tomato paste, parsley, pepper and 3/4 teaspoon salt; bring to a simmer. Cook, stirring often, until thickened, about 15 minutes. Cover and keep warm.

Preheat broiler with rack 5 inches from heat. Place potatoes in a medium pot and cover with salted water by 1 inch. Bring to a boil and cook until very tender, about 15 minutes. Drain and return potatoes to pot; mash with cheese, milk, and remaining 1/4 teaspoon salt.

Spread potatoes evenly over eggplant mixture. Broil until golden brown, about 5 minutes. Top with parsley.

Source: realsimple.com