



# RECIPE FOR Wellness NEWSLETTER

Courtesy of John M. Ferguson, DC - [www.ForLifetimeWellness.com](http://www.ForLifetimeWellness.com) - (518) 383-5595

## LIFESTYLE

**Coconut** can combat influenza viruses, fight bacteria that cause cavities, expel lice, improve digestion, reduce inflammation... the list goes on. Hailed as the "tree of life," coconut's health benefits are many, but it is coconut oil that stars in many practice uses. From a stain remover for fabrics to pre-shave balm, try these handy household uses for coconut oil.

**Chef's Secret** - You can up the health ante of many dishes by replacing vegetable oil, canola oil and other types with coconut oil. Use it in stir-fries, pastry recipes and even fry with it.

**Hair Helper** - For a rich hair treatment, combine 2 tablespoons each melted coconut oil and raw honey with 1 large egg yolk. Whisk together and apply to dry hair, covering completely. Let sit as long as you can. Rinse with warm water when ready.

**Coconut Kiss** - To make a soothing lip balm, melt 4 tablespoons grated bees-wax and 2 tablespoons coconut oil in a glass bowl over simmering water, stirring frequently. Once melted, remove container from heat and add 5 to 10 drops of an essential oil of your choice. Pour into a tin and apply to lips once cool and solidified.

**Well Seasoned** - To season a cast-iron pan, coat liberally with coconut oil. Put the pan in a cool oven and turn it to 300 degrees. Leave in oven for 30 minutes after it reaches set temperature. Let pan cool in oven after turned off.

**Face Freshener** - Wash your face with oil—yes, really! Coconut oil works wonders on the skin and can help draw out dirt, oil and other toxins. To use, mix 2 teaspoons coconut oil with 1 teaspoon castor oil (use more coconut oil for dry skin; less for oil skin). Massage into skin and apply a warm, wet washcloth to your face until it cools. Wipe away and repeat if necessary.

**Odor Eliminator** - For an easy-to-make homemade deodorant, mix 1/4 cup baking soda with 1/4 cup corn-starch. Add 6 tablespoons coconut oil and mix in with a fork. Store deodorant in a small glass jar.

**Stain Remover** - Mix one part coconut oil with one part baking soda for a natural stain remover for upholstery and carpets. Apply to stain and let sit for a few minutes before wiping away.

**Insect Repellent** - Naturally repel insects with a mixture of 8 ounces coconut oil and 40 to 50 drops peppermint essential oil. Apply to skin and enjoy pest-free outdoor living.

**DIY Dentifrice** - Making your own toothpaste is incredibly easy and better for you than store-bought versions. Mix 6 tablespoons coconut oil, 6 tablespoons baking soda and 25 drops of 100% pure peppermint essential oil. Store in a glass container with a lid.

**Gum Grabber** - Coconut oil works as well as peanut butter to get chewing gum from hair. Apply oil to gum and let sit for a few minutes before removing.



Adapted from [motherearthliving.com](http://motherearthliving.com)

## DID YOU KNOW?

It's easy to grow an aloe vera plant and keeping one of these spiky succulents on a sunny kitchen windowsill to treat minor burns, sunburns and skin irritants is one of the best wellness lifestyle choices you can make for you and your family.

**It's a Near-Miracle Cure** - Anecdotally, this is true, but scientific evidence supports its efficacy as well. Simply tear off a leaf, break it open, and rub the soothing gel on whatever needs healing (except an open wound or a deep cut).

**Sunburns** - Aloe vera will help speed healing by moisturizing the skin which may also help avoid the peeling normally associated with sun damage.

**Antioxidant and Antibacterial** - Aloe vera gel contains powerful antioxidants, which belong to a large family of substances known as polyphenols. These may help inhibit the growth of certain bacteria that can cause infections which means, taken internally, it has many healing properties including helping with irritable bowel syndrome.

**Easy to Grow** - It's a houseplant and ointment, and it's almost impossible to kill. Buy a small plant at a nursery, offer it plenty of sun, and ignore it a bit; long enough to let it dry out between waterings and your aloe will always be ready to help.

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## FAMILY TIME

With busy lives, tech-free family time is more important than ever. When kids find themselves struggling with bullies or other challenges, having a strong bond with you and your spouse can be a life-preserver they'll grab on to. Sandra Hassink, M.D., past president of the American Academy of Pediatrics, says, "The memories you create together will sustain, empower and encourage your child," and here are some ways to create that bond.

**Physical Touch** - Touch your baby every chance you get. Gently stroking an arm, leg or cheek, even absent-mindedly, lets your child know that you're close. You may also want to do a gentle baby-massage and YouTube offers videos that will show how to do this effectively. Additionally, skin to skin contact with an infant is empowering to that mother/child bond.

**Mirrored Activity** - Did your baby just learn a new trick like how to stick out their tongue and blow raspberries or bubbles? Then imitate them. It makes them feel connected and like you're a team.

**Be Silly** - Be willing to be silly. When your child is able to hold their own spoon let them feed you as you have fed them for so long. If they get food all over your face then say, "Uh-oh!" and act surprised. On this same token, let a toddler or older child do your hair. No matter how it turns out, tell your child they made you feel "fancy". Pose for pictures (and if you're brave, post it to social media). Just steer clear of scissors!

**Talking** - For the older school-age child, get them talking. This can be done by asking open-ended questions such as "What would be the best day ever?" then repeat what they said back to them so that they know you were listening. "So you'd eat ice cream while taking a horseback ride on the beach? That does sound like a great day!"

**Quality Time** - Be willing to sit and spend time with them. Adult coloring books are a trendy way to reduce stress—something kids have always known. Downloadable coloring pages are available at [parents.com/coloring-books](http://parents.com/coloring-books)

**Story Time** - Sit your child down and tell the story of the day he or she was born. Describe what you were doing when you went into labor, who was there during labor and delivery, and the first thing everyone said after your child was born. Pull out your first photos and make sure to tell your child it was one of the best days of your life!

These are just a few ways to get closer with your kids and there's probably more that you will think of when you consider your child's temperament and personality or likes and dislikes. Take time today for Family Time!

Adapted from [parents.com](http://parents.com)



## 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. This is why I provide educational information to help you better understand and care for your spine.

### **What is Subluxation?**

Our spine protects our spinal cord, which is the message highway from our brain to all of our other muscles, tissues, organs and glands via the nerves that exit between each vertebra. Commonly known as the "central nervous system", it's the master controller of all of your body's systems. If just one vertebra is even slightly out of alignment, it can cause nerve interference. This nerve interference is the result of a subluxated vertebra or vertebral subluxation.

In its simplest terms, vertebral subluxation is the result of a vertebra becoming misaligned or fixed out of position. Since the nerves travel between the vertebrae, this can result in nerve interference. This is similar to pinching a straw and less liquid being able to get through. Similarly, nerve interference can cause the messages from the brain to the muscles, tissues, organs and glands to be inhibited.

If the messages from the brain are not getting through it can manifest in symptoms completely unrelated to back and neck pain. Every system of the body is controlled by the central nervous system: immune system, digestion and elimination, respiratory system, etc.

The brain's signals being received without interference can ensure that the body is functioning at its best.





# WELLNESS AT BREAKFAST, LUNCH AND DINNER

## Tomato-Baked Eggs

A warm and healthy breakfast option.

### Ingredients

8 eggs  
1 jar (24 oz.) marinara sauce  
1 cup packed, torn basil  
1/2 cup diced yellow onion  
2 cloves of garlic, sliced  
8 tsp. jarred pesto  
1 Tbsp coconut or extra-virgin olive oil  
1/4 tsp. black pepper  
Salt and pepper to season  
Basil for garnish

**TO PREPARE:** In a medium pot, heat oil over medium. Stir in onion and garlic. Cook 3 to 5 minutes, until softened. Stir in marinara sauce and bring to a simmer. Stir in basil and pepper. Evenly ladle sauce into four 2-cup baking dishes. Crack 2 eggs into each dish and season with a pinch of salt and pepper. Bake at 400°F for 12 minutes. Drizzle pesto over each and garnish with basil. Serve with bread, if desired.

Source: [familycircle.com](http://familycircle.com)



## Sheet-Pan Chickpeas & Eggs

A delicious breakfast option for cooler weather.

### Ingredients

4 eggs  
1 can (15 oz.) chickpeas (garbanzo beans)  
1 Tbsp. coconut or olive oil  
1 tsp. smoked paprika  
1/8 tsp. salt  
Chopped fresh parsley and/or chives

**TO PREPARE:** Preheat oven to 400°F. Rinse and drain chickpeas. Spread on a clean kitchen towel; pat dry thoroughly. On a sheet pan or a baking pan combine chickpeas, oil, smoked paprika, and salt. Toss to coat. Bake 20 minutes, shaking pan once. Remove from oven.

Make four spaces among chickpeas; drizzle oil over each. Crack eggs into spaces. Season eggs with salt and black pepper. Bake 5 to 7 minutes more or until whites are set and yolks are just thickened. Sprinkle with parsley and chives.

Source: [Better Homes and Gardens](http://BetterHomesandGardens.com)

## Baked Oatmeal

A warm snack that makes your house smell like the season.

### Ingredients

2 large eggs  
1 cup coconut flakes  
2 sweet-tart apples (such as Pink Lady) cut into 1/2-in. pieces, divided  
3 cups old-fashioned rolled oats  
1/2 cup packed light brown sugar, divided  
1 cup raisins  
2 cups grated carrots (from 2 medium carrots) divided  
1 cup walnut pieces, coarsely chopped, divided  
1 can (13.5 to 13.66 oz.) light coconut milk  
3 Tbsp. unsalted butter, melted and divided, plus more for the baking dish  
1 1/2 tsp. ground cinnamon  
1 1/2 tsp. kosher salt  
1 Tbsp. orange zest (from 1 orange)

**TO PREPARE:** Preheat oven to 375°F. Generously butter a 9-by-13-inch (or other 3-quart) baking dish. Spread coconut flakes on a rimmed baking sheet and bake until golden, about 3 minutes. Remove from oven.

Arrange half of the apple pieces in prepared baking dish. Top with oats, toasted coconut flakes, raisins, 1 cup carrots, and 1/2 cup walnut pieces. Whisk together coconut milk, eggs, cinnamon, salt, orange zest, 1/4 cup sugar, 2 tablespoons melted butter, 2 1/4 cups water, and remaining 1 cup carrots in a large bowl.

Pour milk mixture over oat mixture. Using the back of a large spoon, press top of mixture, making sure liquid soaks through to bottom of dish. Mix together remaining apple pieces, 1 tablespoon melted butter, and 1/4 cup sugar. Sprinkle apple mixture and remaining 1/2 cup walnut pieces over oats.

Bake until edges are bubbling and center is set, 30 to 35 minutes. Let cool 5 minutes before serving. If making oatmeal in advance, let cool completely before covering and refrigerating. To reheat, spoon into serving bowls, then add a splash of milk and gently heat in microwave until warmed through.

Source: [realsimple.com](http://realsimple.com)





# WELLNESS AT BREAKFAST, LUNCH AND DINNER

## Chicken Voodle Soup

A warm, delicious low-carb lunch option.

### Ingredients

1 lb boneless, skinless chicken breasts  
4 cups low-sodium chicken broth  
4 cups water  
2 thinly sliced celery stalks  
2 peeled and thinly sliced carrots

5 cups voodles from 2 medium zucchini  
1 diced small onion  
1/4 cut chopped fresh dill  
Kosher salt and freshly ground black pepper  
Drizzle of olive oil and squeeze of lemon

**TO PREPARE:** In a medium pot, combine broth, water, chicken, celery, carrots and onion. Bring to a boil and season with salt and pepper. Reduce heat to simmer, cover and cook until chicken is cooked through, about 10 minutes. Transfer chicken to a plate. Let cool slightly, then shred into bite-size pieces.

Return broth to a simmer; add voodles. Cook until just tender, about 2 minutes. Remove from heat. Stir in chicken and dill. Season with salt and pepper. Serve with drizzle of olive oil and squeeze of lemon.

Source: [marthastuart.com](http://marthastuart.com)

## Orzo-Cucumber Salad

A refreshing lunch or dinner salad.

### Ingredients

2 cups orzo  
1/2 chopped English cucumber  
1 cup crumbled Feta  
3 sliced scallions  
1/4 cup chopped flat-leaf parsley

3 Tbsp. lemon juice  
3 Tbsp. olive oil  
1 tsp. kosher salt  
1/2 tsp. freshly ground black pepper

**TO PREPARE:** Cook orzo according to the package directions. Drain; run under cold water to cool. In a medium bowl, toss with the rest of the ingredients. Serve cold or at room temperature.

Source: [realsimple.com](http://realsimple.com)

## American Pot Roast

For the oven or the slow cooker, this recipe is a cool-weather favorite.

### Ingredients

1 beef chuck roast, 3-4 lb  
4 carrots, 2 finely chopped and 2 cut into 1-inch pieces  
3 Yukon gold potatoes, peeled and quartered  
1 yellow onion, chopped  
1 rib celery, chopped  
3 cups (24 oz.) beef broth

1 cup frozen pearl onions  
1/2 cup frozen peas  
5 Tbsp. all-purpose plain flour  
2 Tbsp. unsalted butter  
2 Tbsp. olive oil  
Salt and freshly ground pepper

**TO PREPARE:** In a large bowl, stir together 3 tablespoons of the flour, 1 teaspoon salt, and 1/2 teaspoon pepper. Turn the roast in the seasoned flour, shaking off any excess. In a large frying pan over medium-high heat, melt the butter with the olive oil. Add the roast and cook, turning occasionally, until browned on all sides, about 10 minutes. Remove from the pan and set aside.

Pour off all but 2 tablespoons of the fat in the pan. Add the chopped carrots, yellow onion, and celery and sauté over medium-high heat until softened, about 5 minutes. Stir in the remaining 2 tablespoons flour and cook for about 1 minute. Pour in the beef stock and deglaze the pan, stirring and scraping up the browned bits on the bottom of the pan with a wooden spoon and bring to a boil.

**OVEN:** Preheat oven to 325°F. Transfer roast to a large Dutch oven. Pour in vegetable and broth mixture and cook, turning occasionally, until meat is very tender, about 3 hours. Uncover and stir in potatoes, carrot pieces, and pearl onions. Cover and cook for 30 minutes. Uncover and stir in the peas. Cover and cook until all the vegetables are tender, about 15 minutes longer.

**SLOW COOKER:** Transfer the roast to a slow cooker. Pour in the vegetable and broth mixture and cook for 4 hours on the high-heat setting or 8 hours on the low-heat setting. Uncover and stir in the potatoes, carrot pieces and pearl onions. Cover and cook for 45 minutes. Uncover and stir in the peas. Cover and cook until all the vegetables are tender, about 15 minutes longer.

Transfer the roast to a cutting board and cover with aluminum foil to keep warm. Strain the cooking liquid through a fine-mesh sieve into a saucepan, discarding the solids. Use a large, shallow spoon or a ladle to skim as much fat as possible from the surface of the cooking liquid. Bring to a boil over high heat and cook until the liquid is slightly thickened, about 10 minutes. Season to taste with salt and pepper.

Source: *Williams-Sonoma Cooking at Home*

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