



RECIPE FOR Wellness NEWSLETTER

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HOME REMEDIES

Summer time brings with it warmer weather and outdoor activities that, unfortunately, mean increased incidences of sunburns, bee stings and bug bites. If any of these things mar your summer fun, consider some of the following home remedies before reaching for an over-the-counter chemical.

Poison Plants - The best way to avoid the blisters and itchy redness associated with poison oak, poison ivy or poison sumac is to wear protective clothing if you believe you may be where these plants grow. If you come in contact with their leaves, immediately remove and wash your clothing in hot water and take a shower. If you develop the rash or blisters associated with contact, an oatmeal bath or paste may relieve the itching. Oats have antioxidant and anti-inflammatory properties. For a bath, pour 2 to 3 cups of rolled or colloidal oats into a sock, cloth bag or bandana to contain the particles and place it in a tub full of warm water. Soak in the bath for at least 15 minutes and avoid using soap as this will only dry and further irritate your skin. To make a paste, combine 1 Tbsp. of colloidal oats with 1 teaspoon of baking soda and gradually add just enough water to form a paste when mixing well. Apply to the irritated areas then rinse the past off with warm water after it's dry.



Bug Bites or Stings - Lavender is anti-inflammatory, analgesic and calming. Keep a frozen lavender-infused cloth or a simple lavender and baking soda paste on hand for bites or stings. To make a lavender-infused frozen cloth, wet a washcloth with water and wring out the excess moisture then squeeze 5 drops of lavender essential oil on the cloth. Place it inside a resealable bag and store it in the freezer. When stung, remove the cloth from the bag and apply it directly to the inflamed area helping to reduce swelling are relieve pain. You can also try a poultice made from 3 drops of lavender essential oil and 1 teaspoon of baking soda. This is thought to help neutralize the acidic venom in bee and fire ant stings. Add just enough water to form a paste.

Burn Relief - In summer time, the main causes of burns are either ultraviolet radiation (sunburn) or friction burns (blisters). You can prevent sunburns by wearing loose fitting, light colored clothing and a big hat. Blisters are preventable if you wear gloves when doing gardening or other summer exertions. Should a burn be unavoidable, honey is your go-to home remedy. An ancient wound-healer, honey is antibacterial and speeds the healing of burns better than any conventional burn dressings. Using a clean butter knife, spread organic, high-quality honey on a piece of sterile gauze large enough to cover the burn. Tape the edges of the gauze in place so the bandage is comfortable. After six hours, remove the dressing, gently rinse the skin and reapply a fresh strip of the honey-coated gauze.

Adapted from motherearthliving.com

DID YOU KNOW?

Because essential oils are highly concentrated versions of the therapeutic plants from which they are derived, when used properly, many consider aromatherapy the future of natural medicine. Probably one of the most valuable and useful is lemon.

Antimicrobial Aid - A natural antiseptic, having antiviral and antifungal properties, adding several drops of lemon essential oil to natural cleaning products is a greener way to clean and disinfect.

Mood Booster - Lemon has traditionally been used to elevate mood, and research published in the medical journal *Behavioural Brain Research* supports this use. The study found that lemon essential oil diffused into the air reduced depression and anxiety in laboratory mice.

Weight Loss - The scent of lemon may activate the nerves in fatty deposits, which may increase the rate of fat burning and suppress new weight gain.

When using lemon essential oils, remember that it is classified as a top note, meaning that, when added to essential oil blends, it is one of the first scents we smell but it also tends to fade quickly. When purchasing this essential oil, be sure to buy from a reputable dealer that has independent third-party laboratory testing and organic certification.

For more information on lemon and other essential oils go to motherearthliving.com.

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FAMILY TIME

Unless you've been hiding under one, most people have heard of painting rocks. A fun movement that began sweeping the country, its got families spending more time together and expressing themselves in unique ways.

The Basics - The concept is to take a rock, paint it with a base coat then paint a fun design or write something catchy on it. Once it's dried it gets a clear coat to protect it from the elements. Once that's dried it gets hid out in the community where someone will find it, take it home and give it a home, or re-hide it for someone else to find.

Social Media Involvement - A quick search on Facebook, Instagram or other social media sites will offer groups that you can join. Once a member of the group, you can watch for posts with pictures of a well-known location in your community that is a "clue" to go find the rock that a member recently hid there.

Once you've found the rock, it's expected that you will take a picture of you or your child holding the rock then post that picture as a comment on the original post. This lets any potential rock hunters know that it's been found and allows the original poster to enjoy knowing that their rock has been found and is either being re-hid or going to a good home.

Note: when taking this picture it is your choice to include your child's face or not. An image of a little hand holding the rock will be just as appreciated by the original painter and hider.

A New Twist - Megan Murphy, a Massachusetts mom, decided to take this movement to a whole new level and created the Kindness Rocks Project. Her favorite quote is "One moment can change a day, one day can change a life, and one life can change the world." Living that inspiration, those who have joined the Kindness Rocks Project, paint a rock and then write an inspirational quote or uplifting message on it before hiding it for someone to find or create a whole bunch of them and leave them in a basket by your front door.



By going to thekindnessrocksproject.com you can learn the purpose behind the project and register to become a part of it. There is a link to find a group near you as well as links to learn more about the founder and even a store to buy affirmation cards.

Family Time - This is a great way to get out into your community and help your kids have fun and be creative, spending some one-on-one time with them while encouraging them to be an encouragement to others.



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As your Doctor of Chiropractic, I am committed to the overall health and wellness of your entire family. This is why I provide educational and informational recommendations for living a wellness lifestyle.

Flip-Flops

When the weather turns warmer many patients reach for their flip-flops. Easy to slip on and cooler for the feet, this seems like appropriate summer footwear. However, since they were originally created beach wear, to protect the soles of the feet from being burned on hot sand, flip-flops were never meant to be worn regularly.

Auburn University Study

Research has shown that there are several problems that may develop from the regular use of flip-flops, including back and hip pain.

When walking in flip-flops, many will alter their gait, or the way that they walk. This will often result in pain in both the feet, hips and lower back. Since wearing flip-flops causes shorter steps, the feet tend to hit the ground with less vertical force. The rest of the body then compensates.

Additionally, the soft padding provides no arch support and can lead to additional gait issues since the foot ends up

over-pronating or rolling inward. Every step taken potentially creates problems when wearing flip-flops.

Over-Worked Tendons

Finally, since there's only a v-shaped strap holding the flip-flop to the foot, the toes are gripping the shoe. This makes the muscles and tendons in the foot do all the work, which may lead to tendonitis or other issues.

The feet were meant to work with the ankles, knees and legs when walking, being lifted off the ground and placed down, heel to toe, this doesn't happen when walking in flip-flops.



In Summary

If you will be walking or standing for any extended period of time, be sure to wear athletic shoes or a wedge sandal with a thick sole and proper arch support.



Summer Quinoa Salad

A nutritious and delicious lunch option.

Ingredients

- 3 cups low-sodium vegetable stock
- 1 1/2 cups quinoa, rinsed
- 1 1/2 tsp. coconut oil
- 1/2 cup olive oil
- 6 Tbsp. raw apple cider vinegar
- 1/2 tsp. raw agave syrup
- 5 Persian cucumbers, chopped
- 1 large tomato, seeded and chopped
- 1 can (15 oz) black beans, rinsed
- 1/2 onion, chopped
- 1 bunch fresh flat-leaf parsley, leaves and tender stems only, chopped
- 1/2 tsp. smoked paprika

TO PREPARE: In a medium saucepan with a lid, add the stock, quinoa and coconut oil; season with salt and pepper. Bring to a boil over medium-high heat. Reduce heat to medium. Cover; simmer until the quinoa is tender, about 15 minutes. Uncover; fluff with a fork. Transfer to a large bowl. Let cool, tossing occasionally.

In a small bowl, whisk the olive oil, vinegar, and agave; season. Drizzle over the quinoa. Add the cucumbers, tomato, black beans, onion, parsley, and paprika; season. Toss to evenly incorporate the ingredients.

Source: *rachaelraymag.com*



Italian Turkey Burgers

Delicious, low-calorie summer lunch.

Ingredients

- 1 lb. ground turkey breast
- 1 stalk celery, finely chopped
- 1 carrot, grated
- 1/4 cup grated onion
- 3 Tbsp. finely chopped oil-packed sun-dried tomatoes
- 1/2 tsp. each kosher or sea salt and black pepper
- 4 Italian sandwich rolls, split and toasted
- 4 Tbsp. pasta sauce, warmed
- 1/4 cup grated Parmesan cheese

TO PREPARE: In a large bowl, combine turkey, celery, carrot, onion, sun-dried tomatoes, salt and pepper. Form into four 4-inch patties.

Cook patties on the greased rack of a covered gas or charcoal grill directly over medium-high heat for 10 to 12 minutes, or until they reach 165°F. Place a patty on the bottom of a roll and top with pasta sauce, Parmesan and the top of the roll.

Source: *Parents Magazine*



Skirt Steak tacos with Greek Salsa

Quick and delicious lunch or dinner option for a busy summer.

Ingredients

- 1 lb. skirt steak
- 1 tsp. smoked paprika
- Kosher or sea salt and black pepper
- 3 Tbsp. coconut or olive oil
- 1/2 cup thinly sliced red onion
- 1 1/2 Tbsp. red wine vinegar
- 2 Persian cucumbers, sliced
- 1 cup grape tomatoes, chopped
- 8 6-inch corn tortillas, warmed
- Crumbled Feta for serving

TO PREPARE: Season the steak with the smoked paprika, 1 tsp. salt, and 1/2 tsp. pepper. Heat 1 Tbsp. of the oil in a large cast-iron skillet over high heat. Cook the steak, turning once, until medium rare, 5 to 6 minutes. Let rest for 5 minutes before slicing against the grain.

Meanwhile, combine the onion and vinegar in a bowl and let stand for 5 minutes. Stir in the cucumber, tomatoes, 1/4 tsp. each salt and pepper and the remaining 2 Tbsp. of oil to create a natural salsa.

Top the tortillas with the steak, salsa and Feta.

Source: *Parents Magazine*



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Avocados are a great source of vitamins C, E, K and B-6, as well as riboflavin, niacin, folate, magnesium, potassium and more. They also provide lutein, beta-carotene and omega-3 fatty acids. They are a health-food item that can be the platform for many a healthy, refreshing lunch or dinner dish this summer!

Creamy Avocado-Cilantro Dip

A refreshing dip that can be served with vegetables, naan, or any other food item for dipping.

Ingredients

- 2 avocados, halved and pitted
- 1/2 cup sour cream
- 1/4 cup chopped fresh cilantro
- 2 Tbsp. fresh lime juice (from about 1 lime)
- Dippable choice of vegetables, naan, etc.

TO PREPARE: Scoop the avocados out of the shells into a food processor. Add the sour cream, cilantro and lime juice. Puree the dip then season with salt and pepper. Serve with your favorite dippable food.

Source: rachaelraymag.com



Stuffed Avocados

Delicious, fun, healthy side dish.

Ingredients

- 4 avocados cut in half with the pits taken out
- 1/2 cup drained and rinsed black beans
- 1/2 cup drained and rinsed corn kernels
- Diced cherry tomatoes
- 1/4 cup minced red onion
- 1/4 cup crumbled panela cheese
- 3 Tbsp. coconut or olive oil
- 2 Tbsp. lime juice
- 2 Tbsp. chopped cilantro
- 1/4 tsp. sea salt
- 1/8 tsp. freshly ground black pepper

TO PREPARE: Combine beans, corn and tomatoes with onion and cheese. Whisk oil, lime juice and cilantro with salt and pepper to taste. Stir in the bean mixture.

Sprinkle avocado halves with salt and divide the filling among them. Serve with lime wedges.

Source: familycircle.com

Avocado, Roasted Asparagus and Cherry Tomato Salad

Healthy, delicious lunch.

Ingredients

- 1 lb. asparagus
- 2 Tbsp. each chopped fresh basil, mint and sage
- 6 Tbsp. olive or coconut oil
- 1/4 cup thinly sliced shallot
- 2 tsp. kosher or sea salt
- 1 tsp. freshly ground black pepper or to taste
- 1 lb. cherry tomatoes
- Zest of 1 lime
- 2 Tbsp. freshly squeezed lime juice
- 1 tsp. Dijon mustard
- 2 hard-boiled eggs, cut in half, yolks separated from whites, whites finely chopped
- 2 large ripe avocados, halved, pitted and cut into large bite-size pieces

TO PREPARE: Preheat oven to 425°F. Trim 1/4 inch from bottom of asparagus. Peel the bottom 1 1/2 to 2 inches of each stalk. In a large mixing bowl, combine basil, mint and sage with 1/4 cup oil, the shallot, 1 1/2 tsp. salt and the pepper. Add tomatoes, toss to coat and transfer with a slotted spoon to one side of a rimmed 18 x 13-inch sheet pan.

Place asparagus on other half of baking sheet. Pour remaining marinade over asparagus and toss until thoroughly coated. Spread out in a single layer. Roast 12 to 13 minutes, until asparagus is crisp-tender. Remove asparagus and let cool on a cutting board. Roast tomatoes another 5 to 6 minutes, until they have burst, deflated and begun to char. Let cool.

Using a slotted spoon, gently transfer the tomatoes to a large bowl. Pour juices from pan into blender. Cut 1 inch from bottom of asparagus and add to blender. Cut remaining asparagus into 1 1/2-inch pieces and add to tomatoes. Add lime zest and juice, 2 Tbsp. oil, the mustard, 1/2 tsp. salt and cooked egg yolks to blender. Puree until completely smooth.

Add avocado to asparagus and tomatoes. Add 1/4 cup dressing and gently toss to coat. Add more dressing, if desired. Transfer to a platter and garnish with chopped egg whites.

Source: familycircle.com

