



RECIPE FOR Wellness NEWSLETTER

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

LIFESTYLE

When discussing managing your weight, inevitably the term “portion control” will come to mind or come up in conversation but many wellness-minded health professionals agree that chronic deprivation rarely leads to successful long-lasting results. Jade Teta of Metabolic Effect says, “Blood sugar regulation is key in making the brain feel satisfied.” So, instead of portion control, consider helping your body to recognize when it’s hungry and satisfied with the following hunger-reducing dietary tips.

Chew, Chew, Chew - Chew your food longer, and choose solid calories over liquid ones when possible. For the best digestion, it’s important to take about 20 minutes to eat. Take advantage of the full effect chewing has on nutrient absorption and satiety.

Protein is a Priority - Protein is the king of reducing hunger. If you want to reduce hunger, increase protein intake above all else. If you have PCOS or suspect leptin sensitivity may be a problem, emphasize fat over carbohydrate as this may work better for you. Adjust your portions and servings to best meet your needs, but the basis of every meal should be protein.



Avoid Unhealthy Combinations - A combination of fat and starch, or sugar, may actually trigger cravings, especially for more highly palatable food (the foods that taste really good but are typically really, really bad), according to some studies. Any carbohydrate (starch, sugar, bread, rice, pasta, etc.) when combined with fat will increase your cravings so choose one or the other at a meal, but not both, if you have trouble with cravings.

Viscous or Sticky Fibers - Fiber is a great hunger fighter, but only the highly viscous or sticky fibers seem to do the trick. Oat bran, apples, and other sources of soluble fiber such as chia seeds, beans, lentils, okra and acorn squash are great choices.

Combine Fiber and Protein - Adding fiber and protein together would seem wise, as doing so provides great hunger suppression with a low calorie load. The highest fiber sources per volume are found in the produce aisle. Load up on dark green vegetables and beans. These are items that, when combined with protein, will help you feel full faster and longer.

Exercise Helps - Jade Teta says that, when it comes to exercise, you should push until you can’t then rest until you can. Short, intense workouts less than 45 minutes long can be effective in dulling the appetite. If you find yourself really struggling with cravings then go for a brisk walk until they pass.

Adapted from motherearthliving.com

DID YOU KNOW?

Rosemary is a hardy plant with uses that range from culinary to aromatherapy.

Glorious Granita - Similar to a sorbet, this is a refreshing dessert you can make at home. For the recipe visit motherearthliving.com/rosemary-lavender-ginger-granita.

Rosemary & Thyme Pesto - Perfect to top meat or potatoes, combine equal parts minced fresh rosemary and thyme in a bowl. Puree macadamia nuts, olive oil, garlic, Parmesan, salt and pepper in a food processor then mix with the minced herbs.

Fall-Purpose Cleaner - Create a natural disinfectant cleaner that will leave your home smelling like autumn. Combine 2 cups water, 1 cup white vinegar, 25 drops rosemary essential oil and 25 drops fir essential oil then pour it in a large spray bottle.

Legendary Lotion - A recipe for a spa-quality lotion that started as a gypsy cure-all can be found at motherearthliving.com/herbal-astringent-lotion

Seasonal Stew - A recipe for a healthy Fall stew is available at motherearthliving.com/autumn-mushroom-stew

Handy Home Scrub - A gently abrasive homemade cleaner can be made with a 1/2 cup baking soda, an 1/8 cup liquid castile soap and 10 drops of rosemary essential oil stirred to a smooth consistency.

For more great uses for rosemary and other natural herbs go to motherearthliving.com

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FAMILY TIME

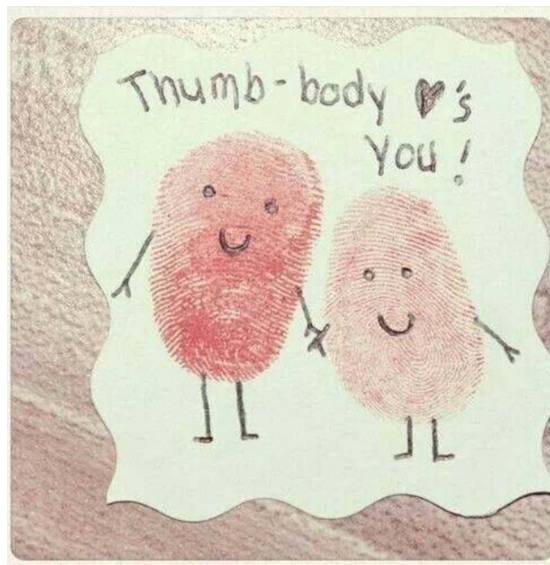
Busy families don't always have time to spend together but family time should be a priority. A quick Google search will usually provide some fun things for you to do. For instance, Valentine's Day is coming up and kids loving making things. Of course, not all parents feel crafty, but that's not a problem—you don't have to be creative to be crafty. An article in the parent section of the *Huffington Post* provides the reader with "23 Easy Valentine's Day Crafts That Require No Special Skills Whatsoever." It is a collection of Valentine's Craft Ideas that they found on Pinterest (which is always another great search option). Here are just a few fun ideas available online.

Thumbprint or Handprint Cards - Whether it's an idea for a child to make for a parent, a grandparent or any other family member, thumbprints and handprints are sure to elicit oohs and ahhs. Find cute "punny" sayings (like the image here) and you've got something that will hang on refrigerators for many months to come.

Popsicle Sticks and Puzzle Pieces - Popsicle sticks can be glued together to make a frame or card and puzzle pieces can be painted solid colors and used as designs. Fun sayings include "We love you to pieces!" or "We fit together!" There are a lot of designs on Pinterest for popsicle sticks and puzzle pieces.

Handprints and Footprint Art - Most kids love getting a little messy so let them paint the bottom of their feet and stamp paper, canvas, or any other medium. A quick search for "footprint art" on Pinterest will bring up adorable ideas for children of any age.

Cutout Artwork - Paper and scissors are a creative combination for all kids and most of us know how to fold a piece of paper in half and cut out a heart but did you know there's more? Pinterest has a great idea that can be made by tracing your child's hand on the paper with their thumb and forefinger on the fold. Then again, tracing and cutting out hands for homemade Valentine's Cards will be loved, there is no limit to what can be done in this area.



Glitter Rocks - A super simple, fun and creative idea may be the new paperweight for mom or dad's desk. A few rocks, some glue and some glitter can be just what your kids need for a fun new Valentine. Get some small rocks then use a paintbrush to paint a heart in glue on the rock. Next sprinkle to glitter onto the rock. It's going to stick to the glue. Make sure your kids are generous with the glitter so that the heart really shows up. There you have it.

These are just a few of the amazing ideas found in the *Huffington Post* article. For more ideas, and to find the links to Pinterest (for more thorough directions) go to www.huffingtonpost.com/2015/01/27/easy-valentines-day-crafts-for-kids_n_6518196.html



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As your Doctor of Chiropractic, we acknowledge the importance of gait and its impact on your spine. Proper footwear can make a difference in your spinal alignment.

Trendy Boots Not Good for Gait

"As a podiatrist, I've never liked UGGs," says Mike O'Neill. In the beginning the heel of the boot was poorly made and so would get flattened with repeated use. The wearer was eventually walking on mostly scrunched up fabric. As such the foot slipped around within the boot leading to problems with gait and eventual pain.

Recognizing an issue, the makers of UGGs reinforced the heel but due to their hefty price tag most teens are wearing cheap imitations that have no reinforcements.

Imitations are Even Worse

Medical experts have warned that the trend for cheap UGG boots are crippling a generation of young women. They say they are seeing an increase in women with toe deformities, backache and pain in their feet as a result of these boots.

A phrase has been coined for the gait of devoted wearers – the UGG shuffle – which describes the lopsided, pigeon-toed way the cheap versions of the boots force women to walk in an unhealthy gait.

According to the Head of the British College of Osteopathic Medicine, Dr. Drysdale, "Because these boots are warm and soft, young girls think they are giving their feet a break. In fact, they are literally breaking their feet. Their feet are slipping around inside. With each step, the force falls toward the inside of the foot and the feet splay. This flattens the arch and makes it drop. The result can be a significant problem with the foot, the ankle, and the hip."

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Breeding Grounds

The plush lining in UGGs can create a breeding ground for foot fungus.

Skin infections and/or dermatitis are a serious potential problem with these boots since bare feet can really sweat in the fur.

Those devoted to wearing these poor-fitting and problematic boots should wear socks and spray the liner with an anti-fungal spray once a month.





WELLNESS AT BREAKFAST, LUNCH AND DINNER

Parmesan Fried Eggs with Bitter Greens

A healthy warm breakfast option for a cold winter morning.

Ingredients

- 1/2 cup finely grated Parmesan
- 2 large eggs
- Kosher salt and freshly ground pepper
- 2 cups baby bitter greens (such as kale, amaranth, etc.)
- 1/2 lemon and 1 tsp.. extra-virgin olive oil for seasoning

TO PREPARE: Heat a small skillet over medium until a shred of cheese dropped in begins to sizzle. Spread 1/4 cup cheese in an even layer over bottom of skillet. Heat without disturbing until cheese begins to bubble, 30 seconds to 1 minute. Crack 1 egg directly on top of cheese. Cook until edges are just set, about 2 minutes. Cover and continue cooking until white is set but yolk is still runny, about 1 minute and 30 seconds more. Season with salt and pepper. Run a spatula around the edge of egg and cheese to loosen. Transfer to a plate with spatula. Repeat with remaining 1/4 cup of cheese and egg.

Top eggs with greens. Squeeze lemon over the top and drizzle with oil; season with salt and pepper and serve.

Source: *Martha Stewart*



Baked Eggs and Creamy Greens

A protein-packed breakfast dish.

Ingredients

- Unsalted butter, room temperature, for ramekins
- 1/2 cup chopped cooked greens, such as spinach
- 4 large eggs
- 4 tsps. heavy cream
- Kosher salt and freshly ground pepper

TO PREPARE: Preheat oven to 375°F with a rack in top third. Generously butter four 1/2-cup ramekins; add 1 tbsp. greens to each.

Break an egg into each ramekin, then top each with another 1 tbsp. greens.

Drizzle each with 1 tsp. cream; season with salt and pepper. Transfer ramekins to a rimmed baking sheet.

Place sheet on rack and bake until whites are just set and eggs are still soft in centers, 12 to 15 minutes (start checking at 12, as they tend to cook at different rates).

Serve immediately.

Source: *Martha Stewart*

Sweet Oat-Walnut Crisps

A healthy, crispy snack that will make your home smell amazing during the winter months. A cracker-like cookie that is sweet enough to serve with tea but hearty enough to spread with cheese.

Ingredients

- 1 1/2 cups old-fashioned rolled oats
- 1 cup spelt flour, such as Bob's Red Mill
- 1/4 cup plus 2 tbsp. packed light-brown sugar
- 1/2 tsp. baking soda
- 1/2 tsp. kosher salt
- 1/2 cup finely chopped walnuts
- 1/4 cup flaxseeds
- 1 stick cold unsalted butter, cut into small pieces
- 1/4 cup cold sour cream
- Soft-ripened cheese, such as Brie for serving (optional)

TO PREPARE: Preheat oven to 350°F. In a bowl, toss together oats, flour, brown sugar, baking soda, salt, walnuts, and flaxseeds. Add butter; work in with your fingers or a pastry blender until small pea-size clumps form. Stir in sour cream just until combined.

Roll dough between two sheets of parchment into a 12 1/2 by 12 inch rectangle, 1/8 inch thick. Using a sharp knife or a pizza wheel, cut into 4 by 1 1/2 inch rectangles. Transfer to parchment-lined baking sheets, about 1/2 inch apart; freeze 10 minutes.

Bake, rotating sheets halfway through, until crisp and golden along the edges, 12 to 14 minutes.

Transfer sheets to wire racks; let cool completely. Serve with cheese. Crisps can be stored in an airtight container at room temperature up to 5 days.

Source: *Martha Stewart*



WELLNESS AT BREAKFAST, LUNCH AND DINNER

CAULIFLOWER has a tender texture, and the slightly sweet flavor of this wintry vegetable makes it an ideal ingredient for just about anything.

Smoothies! Cauliflower has been mashed, turned into mac 'n' cheese or a pizza crustified, but did you know that it's the latest trendy smoothie add-in? Fans say its pale color, mild flavor and creamy texture make it a great substitute for bananas. And because it's full of Vitamin C (1 cup contains 86% of your recommended daily serving), folate and other nutrients, it's an easy way to boost nutrition but not the sugar content.

Sweeter? Smaller heads of cauliflower tend to be sweeter, make them great as crudites or in salads.

What to avoid? Dark blemishes or mushiness, but if you see a few pale "freckles" then it'll be fine.

How to store? No need to take up space in your crisper. Just leave it in the supermarket packaging and put it on a shelf in the refrigerator.

Did you know? A bunch of cauliflower is actually called a curd? As in cheese? The vegetable is actually a compact collection of flower buds that, when you think of it, do look a lot like cottage cheese.

Throwing Shade! Fun fact: Cauliflower owes its fair complexion to the leaves that grow around the plant's head, preventing photosynthesis. Without that "sunblock," white varieties would actually be green.

Better Together! Early studies suggest that the combo of turmeric and certain veggies (including cauliflower) may help prevent and treat some cancers! Cauliflower for the win!

The above information was provided by *Rachel Ray Magazine* and *realsimple.com* but for more delicious recipes and uses just Google "Cauliflower" - the available options are plentiful!

Sweet and Sour Cauliflower

A great entrée option when served as suggested here.

Ingredients

- 5 cups cauliflower
- 28-ounce can diced tomatoes
- 1 chopped yellow onion
- 1/2 cup raisins
- 1/4 cup sherry vinegar
- 2 finely chopped cloves of garlic
- 2 tbsp. olive oil
- 2 tbsp. pure sugar
- Parsley, salt and pepper to season

TO PREPARE: Cook onion, garlic and olive oil with a pinch of salt until tender. Add tomatoes, raisins, sherry vinegar and sugar. Cook for 5 minutes. Add cauliflower and salt and pepper. Cook until tender, about 10 minutes. Serve over couscous with chopped parsley.

Source: realsimple.com

Cauliflower Pizza

A delicious healthy pizza option.

Ingredients

- 1 cauliflower pizza crust
- 2 cups thinly sliced cauliflower
- 1 thinly sliced yellow onion
- 1 cup mozzarella
- 2 tbsp. grated parmesan
- 2 tsp. olive oil
- 1/2 tsp. thyme
- A pinch of chili flakes, salt and pepper to season

TO PREPARE: Preheat oven to 450°F. Cook yellow onion in olive oil until golden brown. Stir in thyme, chili flakes, salt and pepper. On a rimmed baking sheet, top the pizza dough with mozzarella, the cauliflower mixture and parmesan cheese. Bake until cheese is bubbling, 20 to 25 minutes. Serves 4.

Source: realsimple.com



Whole Roasted Cauliflower with Spicy Yogurt

A slightly spicy side dish option.

Ingredients

- 1 medium cauliflower
- 1 cup plain full-fat Greek yogurt
- 2 tsp. harissa (or any other red, chili-based hot sauce)
- 1 finely chopped clove of garlic
- 1/2 tsp. lime zest
- Olive oil for rub
- Salt and pepper to season

TO PREPARE: Preheat oven to 400°F. Combine yogurt, hot sauce, garlic, lime zest and season with salt and pepper. Trim the leaves from the cauliflower and rub with olive oil, salt and pepper. Roast until tender, about 1 hour.

Sprinkle with chopped cilantro. Slice or break into pieces and serve with the prepared spicy yogurt.

Source: realsimple.com