

RECIPE FOR Wellness NEWSLETTER

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

LIFESTYLE

Healthy eating can be difficult. So many products are advertised as healthy or “healthier alternatives” and in reality they are anything but.

Smoothies & Juices - Green smoothies are great for clean eating but bottled smoothies and juices are often loaded with sugar (sometimes 30 grams or more per beverage).

Sports Drinks - We all hear about electrolytes and how important it is to stay hydrated, but these sports drinks are typically full of sugar and chemicals. Many even contain high fructose corn syrup. Be smart, drink water instead.

Egg Whites - The calorie count is definitely low because all of the nutritional content is found in the yolk. To be truly healthy, eat the whole egg.

Yogurt - Real yogurt is very healthy but that’s not what is usually for sale in the typical grocery store. Those yogurts are generally full of artificial flavors and colors, chemical preservatives, dyes, gums and sugar.

Instant Oatmeal - Oatmeal has proven to be beneficial for heart health and cholesterol levels, however, the glycemic index is much higher in the instant oatmeal packets. Traditional oatmeal alone is very good for us but the added sugars and flavors in those packets of instant oatmeal should be avoided.

Dried Fruit - When it’s natural, especially made at home, it’s a great snack but packaged dried fruit will almost always have sugar added.

Packaged Deli Meats - Packaged meat is usually filled with nitrates that many studies link to certain types of cancer. Sodium nitrate being the worst culprit, associated with an increased risk for brain tumors, leukemia and nose and throat cancers.

Muffins - Whether we want to admit it or not, a muffin is just a little cake in disguise. Most are packed with sugar and calories, especially the big ones we see in the display cases at our local coffee house.

Trail Mix - It sounds good in theory (a mixture of nuts and seeds) but it’s a general term and as such doesn’t require specific healthy items. This means it can include a bunch of salted nuts and even bits of candy.

Fat-Free Anything - Healthy fats are actually good for us and the majority of “fat free” items have a ton of sugar and artificial chemicals added in for flavor.

Canned Soups - Most canned soups are packed with sodium, even low-sodium options have too much. The recommended amount of sodium per day ranges from 1,500 to 2,300 mg, after the amount in just one can of soup.

English Muffins - Many think that English muffins or bagels are a great breakfast option but they’re full of sugar and refined flours. Not a good choice!

Adapted from motherearthliving.com

DID YOU KNOW?

After years of nutritionists disparaging the food pyramid, the United States Department of Agriculture (USDA) finally ditched it and put it in its place: the plate.

The biggest issue among nutritionists with the pyramid was the concept that the foundation of a healthy meal had to be grains. It is well known that grains have a high glycemic index which has led to obesity and an increased rate of type 2 diabetes.

While the plate is a huge improvement, it’s still not without it’s flaws. The concept of the “plate” is that you divide your plate into 4 even quadrants. Each meal should have an equal amount of protein, grains, vegetables and fruits then one serving of dairy on the side, they suggest a glass of milk.

The problem is that any good nutritionist is going to tell you this won’t work. Fruits are high in sugar; while it is natural sugar and not processed, it’s still sugar. Milk and dairy products are full of difficult to digest proteins. Grains have a high glycemic index which will lead to fluctuating blood sugar.

Based on a recent study published by the Lancet, the best diet will be meats (all kinds) and vegetables. Split that plate in half and enjoy it with a glass of water.

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

The first nail in the coffin was email, then came along text messaging and now with FaceTime or Skype, well, writing letters has gone the way of the landline. No one writes personal notes or letters anymore and that's a shame. Remember back to when you received a card or letter in the mail and the warm feeling you got knowing that someone cared enough to take the time to sit down and write to you. Now, think about someone you love and care about having that same feeling. With that thought, maybe it's time to:

Pick up a Pen - Write more and text less. Research suggests that writing by hand can activate your brain to remember more. Kelly Lambert, Ph.D., neuroscientist and author of *Lifting Depression*, says, "The brain's reward center is connected to one of the movement centers, so one way to activate pleasure is through physical effort."

Write a Letter for no Reason - There doesn't have to be a monumental reason to write; just take a moment to let them know how you're doing and that you're thinking of them. Encourage children to write to their grandparents or aunts and uncles. It will help them to develop a habit of writing to loved ones that can be beneficial when they're older but it also gives them an opportunity to reflect on their day or week. Sharing their plans for the summer with a grandparent can be a blessing and, let's be honest, it can't hurt to have a letter-writing habit already in place when they go to camp.

Improve Your Penmanship - This is a huge one! Schools aren't even teaching cursive writing anymore and simple printing has gotten messier and messier as schools have provided laptops and tablets instead of pencils and paper. Encouraging children to write at least a few letters each week can resurrect the long-lost skill of proper penmanship.

Bring Back Personalized Stationery - It doesn't have to be two millimeters thick or heavily embossed. Any note with your name at the top "is considered the most personal," says Lizzie Post, the great-great-granddaughter of Emily and also the host of the podcast *Awesome Etiquette*. "It's the stationery version of your Sunday best."

Be a Promiscuous Thanker - Write thank-you notes for everything! Not just birthday or Christmas gifts but for every little act of kindness, thoughtfulness or even past gifts. Is there a gift you or your child was given many years ago that is your go-to item or "favorite thing", how much would a grand-parent or other relative appreciate a thank-you note letting them know how much mileage that gift has actually gotten in your home? There's just something special about getting a handwritten thank-you note. It just means so much more than an email or a text.

It's true that it's become almost strange to get anything more than bills or ads in the mail. The handwritten note or letter has become a thing of the past. Handwriting has gotten messier and more difficult to read, so encourage your kids to write!

Adapted from Real Simple



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As a Family Wellness Chiropractor, your family's overall health and wellness is my biggest priority. As the summer sun seems to begin to burn just a bit hotter, many will reach for the sunscreen but this is not a good idea.

Chemicals in Sunscreens

The majority of commercial sunscreens contain chemicals such as retinyl palmitate, titanium dioxide, zinc oxide, methyl anthranilate and others. The worst culprit is oxybenzone which is absorbed by the skin, gets into the bloodstream and acts like estrogen in the body. This has been linked to many health issues.

Which Rays to Block?

Sunscreen was intended to block UV-B rays that cause sunburn (and this isn't necessarily a bad thing) but it failed to take into account that UV-A rays are the ones that actually penetrate the skin more deeply and cause cancer. Research has shown that even SPF 35 sunscreens, applied correctly and in the right amount, do not effectively block out harmful UV-A rays.

This basically means that sunscreens and sunblocks actually increase your risk of cancer. Since they block the UV-B rays, you will not burn and your body will not be able to warn you that you've had too much sun. This results in increased sun

exposure and thus an increased amount of UV-A rays being absorbed by your skin.

What do I do?

Rather than reaching for a toxic concoction of chemicals, consider limiting sun exposure to spans of 10-20 minutes at a time. When you have no other option, be sure to avoid spray-on sunscreens and super-high SPFs. Find a natural sunblock that protects against both UV-A and UV-B rays.

Feature: From Dr. John

Happy Summer! Did you know? We carry all-natural, effective & safe sunscreen and bug spray for your safety and convenience. Pick some up at your next visit!

Join us for the Albany screening of the VAXXED documentary at Crossgates Mall on Tues. Aug. 9, 2016. Go to <http://gathr.us/screening/16145> to purchase your tickets (\$12/each). Tickets will not be available at the door!

WELLNESS AT BREAKFAST, LUNCH AND DINNER

Baked Eggs, Tomatoes & Chiles

This popular breakfast or brunch dish features eggs cooked on a bed of roasted tomato sauces.

Ingredients

3 cloves garlic, divided
3 pounds ripe plum tomatoes, cut into 1/2 inch pieces
1 medium onion, finely chopped
4 tbsp olive or coconut oil, divided
2 tbsp chopped fresh parsley, plus more for garnish
3/4 tsp sea salt, divided
1/2 tsp ground pepper, divided
2 large green chiles, such as Anaheim, finely chopped
1 tsp ground cumin
1/3 cup chopped fresh basil
1/2 cup crumbled feta cheese
4 large eggs
Hot sauce for serving

TO PREPARE: Preheat oven to 450° F. Slice 2 garlic cloves. Toss with tomatoes, onion, 3 tbsp oil, parsley and 1/4 teaspoon each salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet or in a shallow roasting pan. Roast until the tomatoes are shriveled and browned, about 45 minutes.

Chop the remaining garlic close. Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add the garlic and chiles; cook, stirring, for 2 minutes. Add cumin and cook, stirring for 30 seconds. Stir in the tomato mixture, the remaining 1/2 teaspoon salt and basil. Bring to a simmer and cook, stirring occasionally, until the tomatoes are mostly broken down, 6 to 8 minutes.

Make 4 deep indentations in the sauce with the back of a spoon and carefully crack an egg into each. Sprinkle the eggs with the remaining 1/4 teaspoon pepper. Cover and cook over medium-low until the whites are set, between 6 to 8 minutes.

Remove from heat, sprinkle with feta and let stand, covered, for 2 minutes. (The eggs will continue to cook a bit as they stand.) Garnish with parsley and serve with hot sauce and warm crusty bread, if desired.

Serves 4: 1 egg and 1 cup of sauce each.

Source: *Eating Well Magazine*



Grilled Polenta and Arugula-Raspberry Salad

Ingredients

1 cup yellow cornmeal
1 tsp kosher salt
1 tsp cumin
1/4 cup bulgur
1/4 cup finely chopped green onions
4 tbsp coconut or olive oil
3 tbsp lemon juice
1 cup arugula
1 cup fresh raspberries
1/2 medium cucumber, sliced
1/2 cup chopped fresh Italian parsley
1/2 cup chopped fresh mint
1/4 cup crumbed feta cheese
Salt and cracked black pepper for seasoning

TO PREPARE: For polenta, in a medium saucepan bring 2 1/2 cups of water to boiling. Meanwhile, in a bowl stir together cornmeal, 3/4 cup cold water, salt and cumin. Slowly add cornmeal mixture to boiling water, stirring occasionally. Remove from heat; stir in bulgur and green onions. Spread polenta into a plastic-wrap-lined 9-inch round cake pan. Let stand, uncovered, 30 minutes. Cover; chill at least 1 hour or until firm. Remove polenta from pan; pat dry. Brush both sides with 1 tbsp of oil. Place directly on greased grill rack over medium heat. Grill, covered, 15 minutes or until heated through, turning once using a flat baking sheet. Transfer to serving platter. In a large bowl whisk together remaining oil and lemon juice. Season to taste with salt and cracked black pepper. Add arugula, raspberries, cucumber, parsley and mint; place on polenta cake. Sprinkle with feta.

Source: *Eating Well*

Zucchini Tacos

Ingredients

1/4 cup olive or coconut oil
2 medium zucchini cut into 1/2 inch rounds
1/2 tsp ground cumin
1/4 tsp ground coriander
1 cup finely chopped white onion
2 tsp minced garlic
1 tbsp tomato paste
1 can black beans, rinsed and drained
8 corn tortillas
Sour cream, crumbled goat cheese, carrots, jalapenos, sliced radishes, lime wedges, salt and pepper to serve

TO PREPARE: In a large skillet, heat oil over medium-high. Add zucchini in a single layer; sprinkle with cumin and coriander. Cook, turn once, until golden, about 8 minutes. Transfer to a plate. Season with salt and pepper, cover to keep warm. Reduce heat to medium and add remaining oil, onion and garlic, cook, stirring, until softened, 5 minutes. Add tomato paste, cook 1 minute. Add beans and 1/2 cup water, season with salt and pepper, and simmer, smashing some beans with a spoon, until heated through. Toast each tortilla over a burner, fill with zucchini, bean mixture and other toppings as you choose.

Source: *marthastewart.com*

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WELLNESS AT BREAKFAST, LUNCH AND DINNER

The Dinner Wrap

They say if you can't handle the heat to get out of the kitchen; in some areas, that goes without saying during the summer. If turning on the oven in your home may very well make your home feel like an oven, then consider this simple 4-step process to the dinner wrap. These ideas can be mixed-and-matched then used over-and-over again to ensure they don't get boring.

Step 1 - Choose Your Wrap

When we say "wrap" many may think of whole wheat wraps, pita bread, tortillas, or crepes. These aren't your only options though. Greens make great low-cal "holders" for dinner compared to buns, wraps or bread; and don't limit yourself to just lettuce—anything sturdy enough to wrap around 1/2 cup filling works. Some green options may be napa cabbage, romaine lettuce, collard greens or even kale.

When using greens, separate individual leaves and pick 8 that are similar in size (if you have large leaves, go for 4 leaves cut in half); cut out any tough ribs or stems. Rinse and dry well.

Step 2 - Pick Your Protein

Protein gives your wraps staying power. Serve it up ground, sliced or diced—any way you choose. Some meat choices are: tofu or tempeh, crumbled; ground beef, turkey, chicken or pork; shrimp, peeled and deveined; boneless, skinless chicken, diced; or boneless beef or pork, sliced.

Heat 1 tablespoon of olive or coconut oil in a large nonstick skillet over medium-high heat. Add 1 pound of protein, season with 1/4 teaspoon of sea salt and cook, stirring often, until cooked through and/or hot, 4 to 6 minutes.

Of course, that's only if your protein is a meat source. Remember that black beans or eggs are also excellent sources of protein for a wrap.

Step 3 - Season it Up

Add some flavor excited with one of these sauce-and-seasoning combinations: BBQ sauce and Cajun seasoning; gochujang and ground coriander; peanut sauce and lime zest; plum sauce and Chinese five-spice powder; salsa and cumin; or plain Greek yogurt and curry powder.

Once you've picked your combination, whisk 1 tablespoon rice vinegar in a bowl with 5 tablespoons of your chosen sauce and 1 1/2 teaspoons of your chosen seasoning. When your protein's done, remove the pan from the heat, add the sauce mixture and stir to combine.

Step 4 - Go Big on Toppings

Up the produce ante with some fresh raw toppings. Thinly slice, julienne or dice them to make them easier to wrap up.

Prep about 2 cups of toppings and 1/4 cup of sprinkles for 8 lettuce leaves. Spoon some of the sauced-up filling onto each leaf and top.

Toppings can include: Asian pear, avocado, apple, bell pepper, cabbage, carrots, cucumber, fennel, jicama, kohlrabi, radish, and snow or snap peas.

Sprinkles can include: basil, chiles, cilantro, mint, nuts, onion, parsley and scallions.

Of course, there's no limit, any of these toppings and sprinkles will work but the options are limited only by your tastes.

Not sure what to do? Here are four great combinations to get you started:

Tofu Wrap	Beef Wrap	Shrimp Wrap	Chicken Wrap
Napa Cabbage	Romaine	Boston Lettuce	Kale
Tofu	Ground Beef	Shrimp	Chicken
Peanut Sauce	Salsa	Plain Greek Yogurt	BBQ Sauce
Lime Zest	Cumin	Curry Powder	Cajun Seasoning
Asian Pear	Avocado	Bell Pepper	Cabbage
English Cucumber	Jicama	Snow Peas	Carrots
Cilantro	Onion	Basil	Scallions