



RECIPE FOR Wellness NEWSLETTER

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LIFESTYLE

Seeds are would-be plants. As such, they contain a huge amount of nutrients necessary to jumpstart the growth of strong plants, including protein, healthy fats, fiber, vitamins, minerals and numerous micronutrients. Here's a clever trick invented a long, long time ago: eat seeds instead of planting them and you get all those nutrients instead.

Another trick is to fool seeds into thinking they actually will become plants by sprouting or soaking them in water long enough to encourage germination. Germination unlocks even more nutrients. Seeds may also be roasted or toasted to deepen their flavors.

Amaranth - High in protein (must be cooked or used as flour)

Chia Seeds - Packed with protein, fiber, antioxidants and minerals

Coriander Seeds - Helps to control blood sugar, cholesterol and inflammation; high in phytonutrients

Cumin Seeds - Promotes circulation and metabolism

Fennel Seeds - Calming to the stomach

Flax Seeds - Rich source of omega-3 fatty acids; high in phytochemicals, protein and fiber (pictured above)

Grapeseed Oil - Heart-healthy; withstands high temperatures

Hemp Seeds and Seed Oil - High in healthy fats, minerals, complete protein and fiber

Millet - High in protein (must be cooked or used as flour)

Poppy Seeds - Good source of fiber, vitamins and minerals

Pumpkin Seeds (Pepitas) and Pumpkin Seed Oil - Packed with healthy fats, vitamins and minerals

Quinoa - Complete protein (must be cooked or used as flour)

Sacha Inchi Seeds and Seed Oil - Amazonian seed usually only available roasted; richest known source of omega-3 fatty acids; broad spectrum of vitamins, minerals and antioxidants

Sesame Seeds, Seed Oil and Seed Paste (Tahini) - Rich source of calcium and healthy fats

Sunflower Seeds and Seed Oil - Rich in protein and many vitamins

Teff - High in protein and minerals

All seeds are nutritious. For maximum nutrition, try to eat a wide variety of seeds and seed oils. It's easy to mix all kinds of tasty, power-packed seeds into the foods you're already eating. Your body will thank you for the serious nutrient boost.

Adapted from motherearthliving.com



DID YOU KNOW?

According to Katie Cavuto, M.S., R.D., "For far longer than its culinary uses, parsley has been praised for its medicinal properties. The source of its power may be two antioxidants, apigenin and luteolin, which have shown anti-cancer effects. Research has also found that people who consumed more of these antioxidants saw improvements in insulin resistance, a precursor to diabetes. And curbing blood sugar spikes can mean less hunger after sugar highs. Another bonus: luteolin may be able to boost your brainpower by reducing inflammation in the hippocampus, an area of the brain associated with short-term memory."

Besides its typical use, consider brightening a salad with chopped parsley or even stirring it into your favorite vinaigrette.

It can also be preserved in ice cubes. Fill an ice cube tray about two-thirds full with chopped parsley then top off with olive oil and freeze. These "cubes" can then be added to soups or sauce for flavor.

Finally, if you've gotten tired of spinach or kale in your smoothies then try blending 1 cup of fresh parsley with 1 green apple, 1/2 cucumber, 1/4 cup lemon juice and 1 1/2 cups of cold water for a refreshing drink.

Adapted from eatingwell.com

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FAMILY TIME

If you live in a household with other people—plus chirping cell phones, talking stuffed animals, and a constantly running washing machine—good luck having any peace and quiet. However, the reality is that you and your children really need it.

A 2012 study published in *The Journal of Neuroscience* found that it was harder for subjects to remember simple sequences of recorded numbers (normally an easy task) when they had to strain to hear them. Researchers theorize that may be because the part of the brain that processes auditory signals is the same one that handles short-term memory. Peace and quiet is vital.

For Children - Studies have shown that quiet is necessary for learning and dealing with constant input can lower the brain's ability to work through emotions and deal with what's being learned.

In order to help our children, it's important that we reduce background racket. When a child is doing a puzzle we tend to put on music or a popular TV show as "fun background noise" but it's better for the child if we just let them focus on the puzzle. We should also institute a daily quiet time for our children. Pull out some coloring books and crayons or a good book to read and encourage them to find peace in the quiet. All of this leads to bringing mindfulness back into the quiet. A lot of children today find silence awkward and uncomfortable. This is because they've never been encouraged to enjoy it.

For Teenagers - Many teenagers are constantly wearing headphones and at the same time their brain circuits are being remodeled and becoming more specialized. This means most teenagers are growing up focused on external stimulation rather than reflecting inward. Quiet time away from the constant stimulation can strengthen that internal focus.

In order to encourage teenagers to respect and appreciate peace and quiet, be sure to enforce device-free times. Every teenager has heard about going "un-plugged" but most of them don't do it. Make rules about electronics then stick to them. No phones at the dinner table, no music while doing homework, etc. Also, consider the value of not talking. Of course, every parent knows that it's important to keep the line of communication open with teenagers but, just like with our younger children, it's important for teenagers to learn to be comfortable with silence.

For Adults - When you have an endless to-do list, taking time to quietly zone out can seem frivolous and, even worse, unproductive but when we take time to let our minds wander our brains can actually make connections where we never saw them. This can lead to "out of the box" thinking; not to mention that reducing the noise in our lives can actually reduce stress.

So, how, as adults, do we find that peace and quiet? First, make quiet the new default. Do simple things like leaving the cell phone at home and go for a walk. Turn off email and social media "dings" so that you only check those items when you intend to and not because you were alerted. Finally, change your attitude. Our perception of noise, or the lack thereof, actually cues our reaction to it. So, change the way you react to noise. For instance, when your children are yelling and chasing each other through the house—they're having fun playing together, that's a good thing.

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 you plan to travel this winter be sure to keep the following in mind.

Cervical Spine Issues

The vertebra in the neck have a lot of important nerves going through them. If something happens to cause those nerves to no longer be able send signals properly the results may be irritating. For instance, pain in the shoulders or arms and the resultant tingling in the hands and fingers are just some of the possible results of cervical vertebral subluxation.

Other potential symptoms include: headaches, migraines, dizziness, sinus problems, allergies, head colds, fatigue, vision problems, runny nose, sore throat, stiff neck, cough, asthma, heart conditions and high blood pressure.

What Causes Cervical Spine Issues

First, consider that the head is really heavy and the neck (or cervical spine) supports it. When the head falls forward too long or is even just in the wrong position for an extended amount of time, this can cause the vertebra in the neck to be subluxated. Once this happens it causes irritation to the nerves going through the cervical spine and can result in any of the aforementioned issues.

Falling Asleep in a Car

One of the most common ways to cause cervical issues is to fall asleep in a car. If you're traveling and you know you're probably going to doze off in an awkward position then be pro-active and prepare yourself.

While there are cervical pillows available, they can be costly and a simple homemade option will work just fine. Just roll up a towel and wrap it around your neck, securing the ends in the front with a rubber band. This will support the cervical spine and potentially avoid a mini-episode that will require adjustments.



If your travel will also have you sleeping in a unfamiliar bed then considering using this same cervical support during the night. This support may help avoid cervical issues should you end up sleeping in the wrong position.

When home from your vacation, if you have any of the symptoms of cervical spine issues then be sure to see your chiropractor right away.



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Strawberry Beet Smoothie

Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is good for your bones, liver, kidneys, and pancreas). So this simple but delicious breakfast option is not only good but good for you!

Ingredients

10-12 frozen strawberries
1 small or medium raw red beet
1/2 medium lemon, juiced
1 tsp fresh ginger, minced or finely grated
1/2 cup of cold water

TO PREPARE: Combine all of the ingredients listed above in a blender until smooth.

Source: *Real Simple*

Baked Eggs, Tomatoes and Chiles

This popular Israeli breakfast or brunch dish features eggs cooked on a bed of roasted tomato sauce. Serve with warm crusty bread.

Ingredients

3 cloves garlic, divided
3 pounds ripe plum tomatoes, cut into 1/2-inch pieces
1 medium onion, finely chopped
4 tbsp coconut oil or extra-virgin olive 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, 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 tablespoons 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 clove. 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 mixtures, 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 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 the hot sauce, if desired.

Source: *Eating Well*

Curried Vegetable Soup

This delicious warm soup will travel well and serves 6.

Ingredients

3 tsp coconut or olive oil
1 8-oz pkg tempeh cut into 1/2-inch cubes
1 leek halved lengthwise and thinly sliced (about 1/3 cup)
1 tbsp curry powder
1 32-oz carton vegetable broth
1 14.5-oz can diced fire-roasted tomatoes, undrained
1 cup water
1 1/2 cups kale, stems removed and coarsely chopped
1/2 cup quinoa, rinsed and drained
1/2 cup sliced carrot
1/2 cup snipped fresh basil
Sea salt

TO PREPARE: In a large saucepan heat 1 1/2 teaspoons of the oil over medium-high heat. Add tempeh; cook about 7 minutes or until golden, stirring occasionally. Remove from saucepan.

In the same saucepan, heat the remaining 1 1/2 teaspoons of oil over medium heat. Add leek; cook 2-4 minutes or until tender, stirring occasionally.

Stir in curry powder. Add broth, tomatoes, and the water. Bring to a boil.

Stir in kale, quinoa, and carrot. Return to a boil; reduce heat and simmer, covered, for 15 minutes.

Stir in tempeh. Simmer, covered, until quinoa is tender and tempeh is heated through.

Remove from heat, stir in basil and season to taste with sea salt.

Source: *Soups & Stews*

Smoked Turkey and Split Pea Soup

This delicious spin on an old winter favorite will serve 4.

Ingredients

3 14.5-oz cans reduced-sodium chicken broth
1 1/2 cups dry green split peas, rinsed and drained
1 cup water
1 cup chopped smoked turkey breast
1 cup chopped carrots
2 tsp curry powder
1/2 tsp sea salt
1/4 tsp black pepper

TO PREPARE: In a 4-quart Dutch oven combine broth, split peas, and the water. Bring to a boil; reduce heat, and simmer covered for 20 minutes, stirring occasionally.

Stir in remaining ingredients. Return to a boil; reduce heat, and simmer covered for 15-20 minutes more or until split peas and carrots are tender.

Source: *Soups & Stews*



Black and White Chili

This is the simple, hearty food you want as the kids go back to school and schedules get hectic. Set it on the table with toppings you have on hand: cheddar cheese, sour cream, green onions, radishes, and lime wedges..

Ingredients

- 2 tbsp coconut oil or extra-virgin olive oil
- 2 cups chopped onions
- 2 large garlic cloves, chopped
- 1 1/2 lbs sliced mushrooms
- 3 medium carrots, chopped
- 1 or 2 large jalapeños, minced
- About 1 tsp sea salt
- 1/4 cup chili powder
- 1 1/2 tsp cumin seeds
- 5 cups mushroom to vegetable broth
- 2 each 14-oz cans white beans and black beans, rinsed and drained
- 1 can (14.5-oz) diced tomatoes
- 1 can (8-oz) tomato sauce

TO PREPARE: In a 5 to 6 quart pot (preferably wide), heat oil over medium heat. Add onions, garlic, mushrooms, carrots, jalapeños, and salt. Cover and cook until vegetables get juicy, 5 to 8 minutes. Uncover and cook, stirring often, until mixture begins to brown, 10 to 15 minutes more.

Add chili powder and cumin; stir until fragrant, about 1 minute. Stir in broth, beans, tomatoes, and tomato sauce and bring to a simmer. Add more salt to taste and simmer to heat through and combine flavors, about 10 minutes.

Ladle chili into wide bowls and serve with your favorite toppings as shown below.

Source: *Sunset Magazine*

Pumpkin Soup with Lentils

A warm, delicious soup option for a cold winter's day. Serves 4.

Ingredients

- 1 small sweet onion, cut into wedges
- 1 yellow sweet pepper, seeded and sliced
- 1/2 cup dried yellow lentils, rinsed and well drained
- 1 tbsp coconut or olive oil
- 1 26-oz carton of chicken stock
- 1 15-oz can of pumpkin
- 2 tsp grated fresh ginger
- 1 tsp curry powder
- 1 tsp ground cumin
- Sea salt and black pepper
- Fresh grated nutmeg (optional)
- Snipped fresh Italian parsley (optional)

TO PREPARE: In a 4 to 5 quart Dutch oven cook onion, sweet pepper and lentils in hot oil over medium-high heat for 2 minutes.

Whisk in chicken stock, pumpkin, ginger, curry and cumin. Bring to a boil; reduce heat. Simmer, covered for 25 minutes or until the lentils are tender, stirring occasionally.

Season to taste with salt and pepper. If desired, top servings with grated nutmeg and parsley.

Source: *Soups & Stews*

Spinach with Pan-Roasted Garlic

You may quickly become a fan of the easy technique of pan-roasting garlic, which yields soft, mellow cloves—and enticing aromas.

Ingredients

- Coconut or olive oil
- 2 tbsp walnut pieces
- 4 cups tightly packed fresh baby spinach, divided
- 2 tbsp blue cheese crumbles, or to taste
- Blue cheese crumbles, for garnish

TO PREPARE: To pan-roast garlic, warm about 1/2 table-spoon oil in a small skillet. Add unpeeled garlic cloves and toss constantly until brown and soft, 10 to 15 minutes.

Remove cloves from heat; cool and peel. Cut away any brown spots. Tip: If cloves are large, cut lengthwise before pan-roasting to reduce cooking time.

Put a skillet over medium-high heat. And add a teaspoon of oil. Once oil is hot, add pan-roasted garlic and walnuts and cook for 1 minute.

Add 2 cups of spinach and cook, stirring, until wilted. Add blue cheese and remaining spinach. Cook, stirring, until spinach begins to wilt. Top with more blue cheese, if desired. Serve immediately. Serves 2.

If you find blue cheese's flavor too intense, substitute feta crumbles or Parmesan shreds.

Source: *motherearthliving.com*

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