



RECIPE FOR Wellness NEWSLETTER

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

LIFESTYLE

Launched onto store shelves in 1969, Fred Flintstone's breakfast cereal, Fruity Pebbles, appeared just about the time the processed food industry entered its zenith and America braced itself for an unprecedented forty-year-and-counting spike in chronic and killer diseases such as cancer, diabetes and autoimmune disorders. Not to mention, learning disabilities, autism and obesity epidemics in those most entertained by the likes of fast food clowns and cartoon characters: our children.

Is the timing of the appearance of processed, artificial, genetically-engineered, grain-centered diet and America's health crisis just a coincidence? Have our bodies evolved enough since the advent of agriculture 15,000 years ago to handle our modern diets? If our modern diets are making us sick, what did humans eat before bowls of Fruity Pebbles for breakfast and the drive-thru or take-out for lunch and dinner?

In the past few years, all of these questions led nutritionists, neurologists, and evolutionary biologists to ask: What did cavemen eat and should we eat that way today?

The Paleo Diet - Basic in its recommendations, the Paleo Diet says to eat natural and don't eat processed. Packaged is typically processed. The less the packaging the more natural the foods. A great rule of thumb is to only purchase around the outside of your general market (fresh meat and produce).

Eat - Only eat grass-fed meats, fish/seafood, fresh fruits and veggies, eggs, nuts and seeds, healthful oils (coconut, olive, walnut, flaxseed, macadamia, avocado, etc.).

Don't Eat - Avoid cereal grains, legumes (including peanuts), dairy, refined sugar, potatoes, processed foods, salt, refined or hydrogenated vegetable oil.

Why? - Operating from the belief that stone-age bodies cannot thrive on space-age foods, *The Paleo Diet's* intention is to mimic the varieties of foods humans consumed prior to the Agricultural Revolution. These caveman foods, including fresh fruits, vegetables, meats, and seafoods, are high in beneficial nutrients—including soluble fiber, antioxidant vitamins, phytochemicals, omega-3 and monounsaturated fats, and low-glycemic carbohydrates—that promote good health.

Controversial - This diet has been panned by the mainstream media and some institutions as "just a fad" but it should be noted that the Paleo Diet doesn't involve any patented or trademarked packaged products. It's not a diet that anyone needs to subscribe to or join; there are no membership fees or a huge investment, it's a simple lifestyle choice to eat fresh foods and avoid packaged items. Anyone can do it... and benefit from it.



DID YOU KNOW?

Today's technology may have its downsides but, let's be honest, today's kids are enjoying benefits that we never had as kids. One of these is the availability of podcasts and apps that will help in a variety of areas.

Brains On! Kid cohosts help puzzle out life's mysteries, like why we laugh when we're ticked. The 13- to 38-minute podcasts are produced by Minnesota Public Radio News and Southern California Public Radio for ages 6 to 12 at brainson.org

Tumble Science - A science journalist and a teacher interview experts (and kids) about everything from bacteria farmers to black holes for kids aged 6-12 in segments lasting 12-17 minutes. sciencepodcastforkids.com

Question of the Week! These short podcasts from The Naked Scientists address Q's kids will love: "Why do our stomachs grumble?" and "Did the cavemen have names?" Ages 8 and up - thenakedscientists.com

Thrive Global is available from Amazon Echo. If your kid needs help quieting his mind during the day, he can say, "Alexa, open Thrive" and ask for a meditation. On nights when he can't sleep, a "power down" will do the trick—and keep screens out of the bedroom. A free download is required.

Adapted from familyfunmag.com and Parents.com

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

While summer can mean more family time activities, it can also bring out the dreaded b-word... bored! Many parents mention that their child spends a lot of time whining about being bored during the summer. This can be especially true if you live in an area where the heat makes it unsafe to spend too much time outside. The true fix is to encourage children to exercise a little thing called their "imagination". However, this needs to be encouraged.

Celebrate - While hearing a child whining about being bored can equal nails on a chalkboard, it's actually a moment that needs to be celebrated. "Unstructured time forces him to be creative," says Oscar Bukstein, M.D., professor of psychiatry at Harvard Medical School. "It also helps him learn, on a developmentally appropriate level, how to set his own schedule and organize himself." This provides an invaluable lesson in problem solving and self-motivation. "When your child says he's bored, say to yourself, 'Oh, I'm so glad!'" says educational psychologist Michele Borba. It's giving him a chance to decide what he wants to do as opposed to doing what he's told.

Tempting Technology - Since kid-friendly apps are becoming the norm, most kids are running around with tablets and smartphones. Don't give in to this quick-fix because it's wasting the opportunity to encourage your child to find their own fun things to do and use their imagination. Not that they can't ever use screen-time but there needs to be a healthy balance.

Alone Time - If your child complains they're bored, ask them what they want to do. If they draw a blank then suggest some of their favorite things to do: toys to play with, creative things, etc.—including things that he can do alone or do with others. Many younger children depend upon their older siblings to keep them "entertained" so use these opportunities to encourage some alone time. Not that it's wrong to spend time together as a family or that it would be wise to discourage siblings playing together, but children need to learn how to occupy/entertain themselves without requiring diversions created by others. To this end, consider creating boredom boxes that you can pull out when your child's complaining they're bored. One box can contain books, puzzles, coloring pages and crayons. A box for a boy could contain Legos and Hot Wheels while a box for a young girl could have dress-up clothes or costume jewelry and toy tiaras. An arts and crafts box can also be useful.



Pause for Praise - Finally, be aware that your child's complaining they're bored could really just be a bid for your attention. If it appears that this is the case then stop what you're doing, tell them how wonderful they are and how much you love them, then take 10 minutes to read their favorite book or draw a picture with them before sending them on their way to engage in another activity. Some children do just fine entertaining themselves while others are more social. It's important as a parent to recognize that not all children are the same and that some will need a little more time than others.

Adapted from Parents Magazine



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As a Family Wellness Chiropractor, keeping your family's spine healthy and free of subluxations is my primary mission.

What is a Subluxation?

A slight misalignment of the vertebrae in the spine may interfere with messages being sent from the brain down the spinal column and out via the nerves to the muscles, organs and glands. This is the very definition of a Subluxation.

What does a Subluxation do?

The messages from the brain tell the body what to do, how to work and how to properly function. When the messages from the brain are interrupted the body will cease to function at its best.

What causes Subluxations?

There are three main causes of subluxation: chemical, emotional and physical. While they may work independently, most subluxations are caused by a combination of any of the three working together.

A chemical cause can be the result of improper nutrition or poor dietary choices as well as drug and alcohol use or the ingestion of toxins in the food we eat, air we breath or water we drink.

An emotional cause would simply be the body reacting to stress, depression or other atypical emotional situations. The body's response to these emotions is typically chemical by releasing hormones or endorphins. The body's response may cause a subluxation.

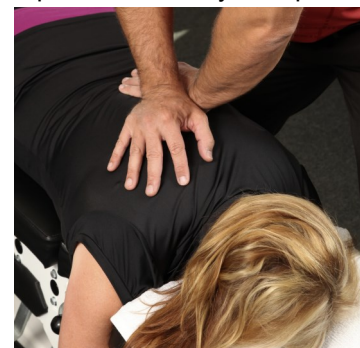
Finally, a physical cause would include any acute trauma to the body such as an injury, repetitive motions affecting the spine, poor postural health or other physical habits that may result in a slight misalignment to the spine.

Correcting Subluxations

As a Doctor of Chiropractic, I have been specially trained to find and correct subluxations using specific, gentle adjustments to the spine.

Adjustments can be delivered manually through the hands or can be applied through the use of a specialized tool.

Subluxations will generally require a few adjustments over time to be corrected and like an orthodontist takes time to straighten your teeth, so a chiropractor will also need time.





WELLNESS AT BREAKFAST, LUNCH AND DINNER

Grilled Peppers with Eggs

A delicious and nutritious breakfast from the grill.

Ingredients

- 4 large red bell peppers
- 2 tbsp. coconut or olive oil, divided
- 1 tsp. sea salt
- 8 to 12 slices of rustic bread
- 1/2 cup coarsely shredded low-moisture mozzarella cheese
- 1/3 cup shredded Parmesan or Romano cheese
- 3 tbsp. coarsely chopped pitted green olives
- 8 large eggs
- 2 tbsp. of finely chopped flat-leaf parsley
- 2 tbsp. of finely chopped chives

TO PREPARE: Heat a grill to medium high with an area cleared of coals (for charcoal grill) or a burner turned off (for gas grill) to make an indirect-heat area.

Trim pepper stems, leaving bases intact, then cut peppers in half length-wise. With a small knife, carefully remove seeds and veins, keeping peppers' shapes intact to hold eggs. Brush insides with 1 tbsp. oil (total) and sprinkle with 1/2 tsp. salt.

Grill pepper halves, cut side down, over direct heat, covered, until grill marks appear and peppers are slightly softened, about 5 minutes. Transfer to a rimmed baking sheet while you grill bread.

Brush both sides of bread slices with 1 tbsp. oil (total). Grill over direct heat until lightly charred, about 1 minute per side. Transfer to a plate.

Arrange one or two large sheets of slightly crumpled aluminum foil on indirect heat. Nestle peppers, cut sides up, into foil to keep them steady. Divide cheeses and olives among peppers. Crack an egg directly into each pepper, then sprinkle with half of parsley and chives and remaining 1/2 tsp. salt.

Grill, covered, until white is set but yolk is still runny, 15 to 20 minutes. Top with remaining herbs, drizzle with oil, and serve with toast.

Source: *Sunset Magazine*



Cucumber-Parsley Smoothie

A refreshing option for any time of the day.

Ingredients

- 1/2 cup cold water
- 1 cup plain full-fat yogurt
- 1 cup peeled and chopped cucumber
- 1 cup packed parsley leaves and stems
- 1 small garlic clove
- Kosher or sea salt

TO PREPARE: Combine all ingredients in a blender and process until smooth, seasoning with salt, and serving over ice.

Source: *marthastewart.com*



Whole-Grain Salad

This healthy and nutritious lunch option can be refrigerated for up to a day.

Ingredients

- 3 cups whole grain (quinoa, farro, barley, etc.)
- 1 cup loosely packed chopped parsley
- 1 cup whole leaves parsley
- 2 stalks thinly sliced celery
- 4 ounces cherry tomatoes, halved
- 3 tbsp. fresh lemon juice
- 1/4 cup olive or coconut oil
- Kosher or sea salt
- Freshly ground pepper

TO PREPARE: Combine all of the ingredients in a bowl. Season to taste with salt and pepper.

For a heartier meal, add grilled shrimp and some feta.

Source: *marthastewart.com*



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Slow-Cooker Cuban Sandwiches

This family friendly lunch or dinner option will be filling and nutritious without a lot of work.

Ingredients

- 2 lb. boneless pork shoulder roast, trimmed of excess fat
- 6 garlic cloves, finely chopped
- 1 tsp. kosher or sea salt
- 1 cup chicken stock
- 1 tsp. orange zest plus 1 tsp. fresh orange juice
- 2 tbsp. fresh lime juice
- 6 6-in. sub rolls
- 1/3 cup Dijon mustard
- 3 oz. thinly sliced deli ham
- 3 oz. thinly sliced Swiss cheese
- 1 whole dill pickle, thinly sliced crosswise

TO PREPARE: Rub the pork with the garlic and salt and place in a 5 to 6-quart slow cooker. Add the chicken stock, orange zest and orange juice. Cover and cook on low until the pork is very tender, 7 to 8 hours. Pull the pork into 1 to 2-inch pieces; toss with the lime juice. Return to slow cooker and keep warm.

Preheat broiler with the oven rack 6 inches from the heat source. Split the rolls lengthwise. Spread the mustard on the bottom halves and top evenly with the pork, ham and Swiss cheese. Broil just until the cheese is melted, 1 to 2 minutes. Top with the pickles and sandwich with the top of the rolls.

Source: realsimple.com

Cauliflower Tabbouleh

The classic Middle Eastern salad known as tabbouleh gets a makeover with the addition of grated cauliflower. For a pop of color, we recommend the use of purple cauliflower although white cauliflower will be just as delicious.

Serve this beautiful salad alongside grilled lamb or chicken, or on its own as a meatless entrée.

Ingredients

- 1 cup bulgur
- 1 small head purple cauliflower, trimmed
- 1 cup cherry tomatoes, halved
- 1 bunch green onions, thinly sliced
- 1/2 cup fresh mint, finely chopped
- 1/2 cup fresh flat-leaf parsley, finely chopped
- 1/4 cup olive or coconut oil
- Juice of 2 lemons
- Salt and freshly ground pepper to season

TO PREPARE: Cook bulgar according to package instructions. Drain any remaining water.

Using a box grater, coarsely grate cauliflower.

In a large bowl, toss together cooked bulgur, cauliflower, tomatoes, cucumber, green onions, mint and parsley until combined.

Add lemon juice and oil, season with salt and pepper, and stir gently to combine.

Serve at room temperature or chilled.

Source: Williams-Sonoma

Chicken Broccoli Stir-Fry

The workhorse of the weeknight dinner, chicken gets a little zip of excitement by getting cooked in a hot wok with bell peppers and broccoli for crunch and color. Be sure to have all your ingredients ready to go before you heat the wok or frying pan, since cooking needs to happen fast.

Ingredients

- 4 tbsp. coconut oil, divided
- 1 lb. boned, skinned, chicken breast cut into 1-in. cubes
- 5 tbsp. reduced-sodium soy sauces, divided
- 1 large red bell pepper, cut into 1/2-in. strips
- 6 garlic cloves
- 6 cups broccoli florets
- 1 1/2 tbsp. chile sauces
- 1 tbsp. hoisin sauce
- 2 cups chicken broth
- 2 tbsp. cornstarch
- 3 cups cooked white rice
- 1/4 cup chopped roasted salted peanuts

TO PREPARE: Heat a wok or large frying pan over high heat until extremely hot, 3 to 4 minutes. Add 2 tbsp. oil and swirl wok to coat. Add chicken. Cook undisturbed until browned, about 2 minutes. Add 2 tbsp. soy sauces. Cook until liquid begins to caramelize around chicken, stirring frequently, about 2 minutes. Transfer chicken to a plate.

Add remaining 2 tbsp. oil to wok and swirl to coat. Add bell pepper and garlic. Cook, stirring often, until garlic is golden brown, about 2 minutes. Add broccoli, chile sauce, and hoisin; toss to coat. Cook until broccoli is tender-crisp, about 5 minutes.

Whisk together remaining 3 tbsp. soy sauce, the broth, and cornstarch; pour into wok and bring to a boil. Cook, stirring constantly, until sauce is thickened, 1 minute. Stir in chicken and any juices. Stir-fry until chicken is cooked through and broccoli is tender, about 1 minute.

Serve over rice, sprinkled with peanuts.

Source: Sunset Magazine