



RECIPE FOR Wellness NEWSLETTER

HOME REMEDIES

DID YOU KNOW?

One of the most valuable home remedies is the ability to prevent illness and this is done through a well-balanced and healthy diet resulting in an improved immune system. Every parent knows that children don't always enjoy eating what's good for them so consider presenting those healthy vegetables in an easy to drink, flavorful juice can help.

The Benefits of Juicing

We know that the process of cooking vegetables destroys the valuable micronutrients by altering their shape and chemical composition; but is it possible to eat enough raw vegetables to get the nutrition that our bodies need? That's where juicing comes in.

The benefits from juicing are wide and varied, beginning with the fact that you can consume the most beneficial amount of vegetables efficiently while absorbing the nutrients.

A habit of juicing will eventually make our bodies more efficient at absorbing the maximum amount of nutrients. The color of the juice is almost like they've been "pre-digested" that you will receive a maximum amount of vitamins and nutrients available.

What do I juice?

If you're new to juicing the best vegetables to start with are celery, fennel or cucumbers. These are easy to digest and tolerate. Once you've become accustomed to juicing, you can begin to add red leaf, green leaf or romaine lettuce, endive, escarole or spinach, then cabbage or bok choy to your juice. Remember that cabbage can be a digestive irritant so don't use too much at a time.

Adding herbs to your juicing can give you different flavors. Herbs to consider would be parsley or cilantro. For a sweet but low-glycemic flavor consider adding lemons, limes, cranberries or fresh ginger.

To really boost the nutritional value of your juice consider using either kale or collard, dandelion or mustard greens, however, be aware that these are very, very bitter tasting so only use two leaves and be sure to add one of the above natural sweeteners. Specifically, a quarter to a half of a lime with its rind will counteract some of that bitterness.

Cherie Colbom, author of the books "Juicing for Life" and "Turbo Diet", has said that when she first started juicing she felt worse before she felt better due to detox reactions.

"You're going to be bloated and when those fat cells are broken down and all those toxins are getting released you will have a detox reaction. It's an out-of-control system and releasing toxins is harmless while juicing is powerful," she explained. "Be sure to listen to your body if you're bloated."

Careful Consumption

If your diet hasn't always been a healthy one, your digestive system is probably a little "wounded" so be cautious. Drinking the juice should never make you feel nauseated or cause you to gag.

Also, if after drinking your juice, you find that you are having gastric distress, then discuss what you juiced with your Family Wellness Chiropractor so that you can decide together what might be causing that distress. Eliminate that item from future juicing and see if that relieves the issue.



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FAMILY TIME

It seems lately like the thank-you card has gone the way of the dinosaur – made extinct by the advent of email and social media. But this once important social concept that personifies gratitude should still be an important part of a child's life. Here are some easy ways to bring it back with your family whether for birthday gifts, holiday gifts or just-because.

1. Let your child make a drawing of the gift.
2. Have him or her pose for a photo with the gift and then use the print as a thank-you postcard. You can also take pictures of the birthday girl or boy blowing out their candles, print it in black and white on matte paper and let your child color it in as a special thank-you.
3. A younger child can use colored-ink pads to make a rainbow of fingerprints across the front of the card. Then he or she (or you) can write a letter in each, spelling out T-H-A-N-K Y-O-U!
4. Trace your child's hands and cut them out then send them as a thank-you round of applause.
5. Make a list of the "Top 5 Reasons Why the Gift is Awesome"!
6. Write "Thank You" on poster board or a chalkboard or using magnetic letters on a cookie sheet then take a picture of your child holding the thank-you sign and glue it to card stock and let them decorate it.
7. Older children can turn the name of the gift into an acrostic: L is for I love my gift, E is for it is excellent, G is for it's a great gift for me and O is for it's one of my favorite things in the whole world. Print the acrostic and make it a card.
8. Cut shapes from finger paintings or other artwork and glue them to cardstock that is folded in half for homemade note cards.
9. Cut out half hearts in various sizes and colors. Write "Thank" on one half and "You" on the other then let your child mix and match them gluing them next to each other on blank card stock folded into cards.
10. For those who like technology: record a video of your child holding the gift and telling you how much they love it and why. The video can be emailed to you or the gift-giver. The link can be emailed to the gift-giver.



TO MOVE AND WELLNESS CHIROPRACTOR

There are twice as many people sitting at desks as in 1950. Today a desk job requires no physical effort. We have become sedentary.

Lack of Movement and Postural Problems

Sitting for long hours at a desk, can have a lasting negative effect on your spine resulting in back pain or discomfort and studies show that back pain is one of the most common reasons for missed work, regardless of age.

Another problem related to a lack of movement can be joint discomfort. Sitting at a desk may have the specific result of shortening and tightening the hip flexors, which are the muscles that help pull your legs toward your body. Tight hip flexors may contribute to back pain as well, since tight hips force the pelvis to tilt forward, compressing the back.

Carpal Tunnel Syndrome is another typical problem related to desk jobs. And it's not just pain, discomfort or soreness from typing; but numbness, itching, tingling or sharp pain related to nerves running through the forearm being compressed by swollen ligaments and bones in the wrist.

Eye strain and stress are also common problems related to desk jobs, especially when there are deadlines that require long hours at the computer without regular breaks.

Movement is Health

The first step to work space wellness is to get moving. If you need an item from a co-worker, don't call and ask for it, go get it, and spend your breaks walking around the building not sitting in a break area.

Set a timer on your cell phone to go off every hour and go for a 2-minute walk, or for a 5-minute walk every other hour. It also helps to get a coworker to make these minor changes with you.



Remember that motion is life – the body was meant to move – so staying in once position for hours on end is not healthy.

Poached Egg with Edamame

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 sliced garlic clove
- Pinch of red pepper flakes
- 2 cups chopped kale
- 1/2 cup thawed frozen edamame beans
- Coarse or sea salt
- 3/4 cup cooked brown rice (optional)
- 1/4 cup shredded red cabbage
- 1 large egg

TO PREPARE: In a medium skillet, heat oil over medium heat. Add garlic and red pepper flakes and cook until fragrant, about 30 seconds. Add kale and cook, stirring, until wilted, about 2 minutes. Add edamame and cook until heated through. Season with salt. Transfer to a bowl with rice and top with cabbage.

In a small pot, bring 2 inches water to a boil and reduce to a simmer. Crack egg into a teacup and gently slide into water. Cook until white is just set but yolk is still loose, 3 to 4 minutes. Remove with a slotted spoon and serve over rice and vegetables. Season with salt and red pepper flakes.

Source: www.wholeliving.com

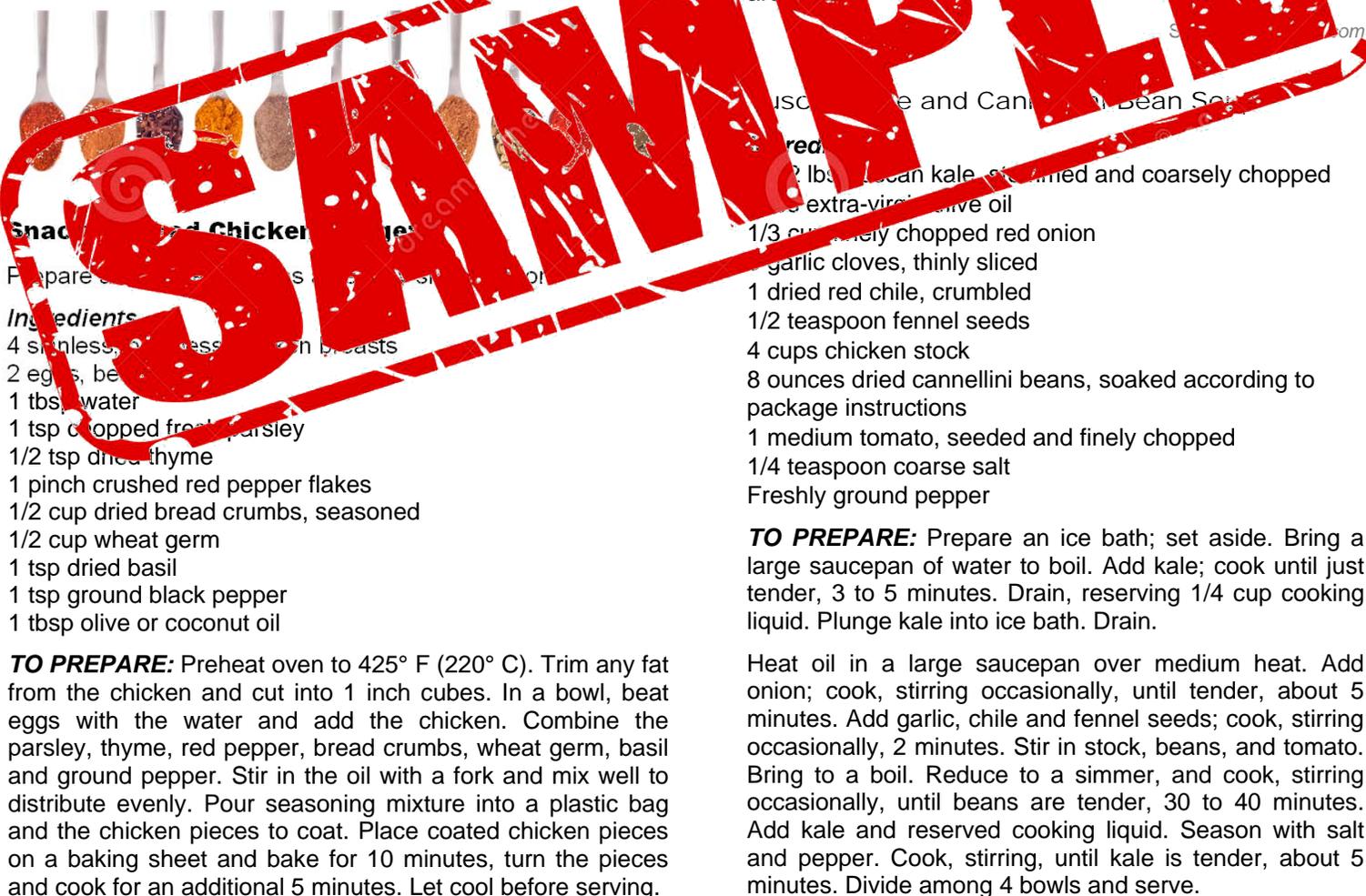
Black Bean Vegetable Soup

Easy to make, warm and yummy, this soup can be taken to school or work in a thermos.

Ingredients

- 1 tbsp coconut or olive oil
- 1 onion, chopped
- 1 garlic clove, minced
- 2 carrots, chopped
- 2 tsp chili powder
- 1 tsp ground cumin
- 4 cups of vegetable stock
- 2 (15 ounce) cans of black beans, rinsed and drained
- 1 (8.75 ounce) can whole kernel corn (optional)
- 1/4 tsp ground black pepper
- 1 (14.5 ounce) can stewed tomatoes

TO PREPARE: In large saucepan, heat oil over medium heat; cook onion, garlic, and carrots, stirring occasionally, for 5 minutes or until onion is softened. Add chili powder and cumin; cook, stirring for 1 minute. Add stock, 1 can of the beans, corn, and pepper; bring to a boil. Meanwhile, in a food processor or blender, puree the tomatoes and add to the soup. Add tomatoes and cook for 5 minutes until carrots are tender.



Snack and Chicken

Prepare the chicken pieces as described in the recipe.

Ingredients

- 4 skinless, boneless chicken breasts
- 2 eggs, beaten
- 1 tsp water
- 1 tsp chopped fresh parsley
- 1/2 tsp dried thyme
- 1 pinch crushed red pepper flakes
- 1/2 cup dried bread crumbs, seasoned
- 1/2 cup wheat germ
- 1 tsp dried basil
- 1 tsp ground black pepper
- 1 tbsp olive or coconut oil

TO PREPARE: Preheat oven to 425° F (220° C). Trim any fat from the chicken and cut into 1 inch cubes. In a bowl, beat eggs with the water and add the chicken. Combine the parsley, thyme, red pepper, bread crumbs, wheat germ, basil and ground pepper. Stir in the oil with a fork and mix well to distribute evenly. Pour seasoning mixture into a plastic bag and the chicken pieces to coat. Place coated chicken pieces on a baking sheet and bake for 10 minutes, turn the pieces and cook for an additional 5 minutes. Let cool before serving.

Source: allrecipes.com

Black Bean Soup

- 2 lbs kale, stemmed and coarsely chopped
- 1/2 cup extra-virgin olive oil
- 1/3 cup finely chopped red onion
- 4 garlic cloves, thinly sliced
- 1 dried red chile, crumbled
- 1/2 teaspoon fennel seeds
- 4 cups chicken stock
- 8 ounces dried cannellini beans, soaked according to package instructions
- 1 medium tomato, seeded and finely chopped
- 1/4 teaspoon coarse salt
- Freshly ground pepper

TO PREPARE: Prepare an ice bath; set aside. Bring a large saucepan of water to boil. Add kale; cook until just tender, 3 to 5 minutes. Drain, reserving 1/4 cup cooking liquid. Plunge kale into ice bath. Drain.

Heat oil in a large saucepan over medium heat. Add onion; cook, stirring occasionally, until tender, about 5 minutes. Add garlic, chile and fennel seeds; cook, stirring occasionally, 2 minutes. Stir in stock, beans, and tomato. Bring to a boil. Reduce to a simmer, and cook, stirring occasionally, until beans are tender, 30 to 40 minutes. Add kale and reserved cooking liquid. Season with salt and pepper. Cook, stirring, until kale is tender, about 5 minutes. Divide among 4 bowls and serve.

Source: wholeliving.com

Zucchini-Ribbon Lasagna

Strips of zucchini stand in for lasagna noodles, adding texture and flavor to the new twist on vegetarian lasagna.

Ingredients for the Sauce

- 1 can (28 ounces) crushed plum tomatoes with juice
- 2 tbsp extra-virgin olive oil
- 1 small onion, finely chopped (about 1 cup)
- 1/4 tsp red-pepper flakes
- 12 ounces ground turkey, preferably dark meat (optional)
- 2 tbsp chopped fresh oregano
- 2 tsp sea salt (or coarse salt)

Ingredients for the Lasagna

- 2 medium zucchini trimmed
- 1 cup part-skim ricotta cheese
- 1/4 tsp extra-virgin olive oil
- Freshly ground pepper
- Garnish: Fresh oregano

TO PREPARE: First make the sauce. Heat oil in a large straight-sided skillet over medium heat. Cook onion and red-pepper flakes, stirring occasionally, until onion is tender, about 8 minutes. Add turkey; cook breaking up any large pieces, until browned, 3 to 4 minutes. Add tomatoes, bring to a boil. Reduce heat; simmer until thick, about 20 minutes. Stir in oregano and salt. Let cool.

Then make the lasagna. Preheat the oven to 400° F (205° C). Slice zucchini lengthwise into 1/4-inch-thick strips, using a mandolin or a sharp knife. Place strips, overlapping slightly, in a 13x9-inch baking dish. Spread 1 cup ricotta cheese with 1/4 tsp olive oil and 1/4 tsp pepper. Spread with 1/2 cup sauce, alternating with zucchini. Repeat with remaining sauce and zucchini. Sprinkle with pepper. Bake, uncovered, for 30 minutes. Let rest 5 to 10 minutes. Garnish with oregano.

Source: wholeliving.com



SIDE DISH: Spicy Seared Broccolini with Garlic

A delicious side dish to serve with any kind of grilled meat.

Ingredients

- 1 pound broccolini
- 2 minced garlic cloves
- 4 tsp olive oil
- Pinch of red pepper flakes

TO PREPARE: Peel stems off the broccolini; cut spears in half lengthwise. In small cast-iron fry pan over medium-high heat, warm 2 tsp of olive oils until almost smoking.

Add half of broccolini; cook, stirring occasionally, until lightly charred and crisp-tender, 3-4 minutes. Season with salt; transfer to plate.

Warm 2 tsp of olive oil in pan; cook remaining broccolini. Season with salt; add 2 minced garlic cloves and pinch of red pepper flakes.

Cook, stirring constantly, for 1 minute. Add first batch of broccolini to pan; toss to warm for 30 seconds. Serve immediately.

Source: realsimple.com

Here's a delicious and healthy entree...

Ingredients:
 1 cup faro
 1/2 bunch arugula, torn
 1/4 cup chopped dried cherries
 1 tbsp fresh lemon juice

TO PREPARE: Heat oven to 400° F (225° C). Heat 1 tbsp of the oil in a large ovenproof skillet over medium-high heat. Rub the pork with the thyme, 1/2 tsp salt, and 1/4 tsp pepper. Cook the pork, turning occasionally, until browned for 6 to 8 minutes.

Transfer the skillet to oven and roast the pork, turning once, until an instant-read thermometer inserted into the center registers 145° F (63° C), 12 to 18 minutes. Transfer to a cutting board and let rest for 5 minutes before slicing; reserve the skillet.

Meanwhile, cook the faro according to the package directions; drain and transfer to a medium bowl. Add the arugula, cherries, lemon juice, the remaining 2 tbsp of oil and the 1/4 tsp each of salt and pepper.

Serve the faro topped with the sliced pork and any pan juices.

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Source: realsimple.com