



RECIPE FOR Wellness NEWSLETTER

LIFESTYLE

9 ways to Mom with Fewer Chemicals The bad news is that toxins surround us. According to the Environmental Protection Agency, there are 85,000+ chemicals in our midst. However, according to some professionals, you don't need to buy organic everything. With just a few small changes to your family's routine, you can drastically reduce your exposure to toxins and clear the air in your home.

Air Things Out - As long as your neighborhood has good air quality, open windows to dilute indoor pollution. If possible, put big new purchases like mattresses or furniture made with glues, composites, paints or stains in the garage or on the porch for a week to allow chemicals to disperse before bringing them in your home.



Read Labels - Look for brands that don't use parabens, phthalates, oxybenzone, and triclosan. Products labeled "fragrance-free" typically meet this criteria but learn to read labels to be sure.

Remove Your Shoes - Every thing you step in comes into your home on the bottom of your shoes, so leave them in the entry way or your tracking feces, fertilizer and fungus into your family room, just to name a few.

Don't Heat Plastics - Plastic dishes shouldn't be in the dishwasher or in the microwave, regardless of if they say "dishwasher and microwave safe". In the process of heating, chemicals may leach out of the plastic and when microwaving those chemicals may go into your food.

Renovate Right - Dangerous volatile organic compounds are why it smells so bad after you paint so be sure to set up a window fan that blows in and out to clear the air. If painting something like furniture, take it outside to sand and paint. Don't do it indoors.

Cut Down on Dust - Lots of chemicals may be in household dust, so use a wet mop or dust rag on a regular basis. Consider using damp microfiber cloths for dusting and a vacuum with a HEPA filter.

Wash Your Hands - Soap and water don't just remove germs, but also any chemicals that may have been picked up when your child was outdoors. If they are on the lawn, in the park or playing in the dirt, they may very well be picking up chemicals which they will then have on their hands when eating.

Less Sunscreen - Consider wearing loose-fitting, light-colored, long-sleeve clothing with hats and visors as opposed to slathering on a greasy chemical.

Wash and Care for Toys - Remember that the majority of your infant and toddler's toys will be in their mouths. That's why it's important, regardless of what the toys are made of, that they be cleaned regularly. Choose the appropriate method for each type of toy. They should be periodically wiped down, washed in the sink or run through the washing machine to remove residue.

Adapted from Parents magazine

DID YOU KNOW?

Realtors will suggest baking an apple pie or boiling orange peels when showing your home to potential buyers. There's a reason for that, a sweet smelling home is inviting. Here are some easy ways to create natural room scents.

As a room scent - Place ingredients in a small sauce pan, add water to cover the contents by one inch. Heat to boiling; reduce heat to low and simmer adding more water as need for 1-2 hours.

As a gift - Place ingredients in a wide-mouth glass jar and add enough cold water to cover the contents. Seal, decorate and add a tag with instructions. Keep chilled until simmering time.

Recipes - Some great combinations of scents include the following:

- 1 lemon, sliced and seeded with 2 to 3 stems of dried lavender and fresh rosemary
- 1 blood orange, halved, seeded and sliced with 1 split vanilla bean or 1 tsp. of pure vanilla extract with 5 to 6 leaves of fresh mint
- 1/2 medium cucumber, sliced, 1 1/2 inch piece fresh ginger, peeled and thinly sliced with 5 leaves of basil

More scent ideas include grapefruit, lime, lemongrass, sage, cloves, and cinnamon.

Adapted from tasteofhome.com

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FAMILY TIME

Soothing, relaxing and peaceful – gardening is a wonderful way to spend time with your family. The benefits are numerous: healthier vegetable options for the family, fresh air and exercise, plus a successful garden can be an achievement for the entire family. Of course, if you're unfamiliar with gardening you may not know where to start.

Getting Started - Since the goal is to spend more time with your children, the best way to get started is to grow seedlings indoors. Your kids will be able to water and monitor the progress. The excitement when they see the little growth begin is truly enjoyable.

The easiest way to do this is to get a small bag of topsoil, some seeds and a biodegradable egg carton. Put the topsoil in each egg cup, plant the seed then water regularly. Once the seedling has really taken hold you can just cut the egg carton and plant directly into the ground since the carton will biodegrade and the roots can bust through. Learn more about getting this started at www.pbs.org/parents/crafts-for-kids/egg-carton-seed-starts/

Remember to put your egg carton on a cookie sheet or other water proof tray since the egg carton will get wet during this process.

What to Plant - When deciding what to plant in your garden, remember that your children will have more fun helping you choose if there is a theme involved. Some fun themes can include a "Pizza Garden" or a "Salad Garden".

A pizza garden would include tomatoes and seasoning for the sauce as well as Swiss chard, zucchini, eggplant, bell peppers and onions for toppings. This theme can include anything that will grow well in your climate and taste good on top of a healthy pizza.

A salad garden can include anything you would like to include in a salad with your lettuce options being your first choice. Arugula, romaine lettuce and baby spinach are great options (remember that iceberg lettuce is really lacking in nutrients so shouldn't be the base of your salad). Vegetables that will taste great on your salad may include tomatoes, basil, cucumbers, carrots, radishes, beans, beets and broccoli.

The point is that letting your children help you decide what to plant will have them vested in your garden and looking forward to watching it grow.

Gardening for Wellness - A family garden is simply a wonderful way to spend productive time together. Not only for organic vegetable and fruit growing, but for exercise and fresh air as well. It's probably one of the best things you can do for you and your family on a warm spring day.

A garden can be a lot of work so be sure to consider how much time you want to invest in your garden before growing your seedlings. Additionally, an area of your yard will need to be prepared in advance for growing your seedlings into plants.



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As your Doctor of Chiropractic, I am committed to every area of your family's health and wellness, including nutritional habits and exercise. However, my first priority is your spinal health, so consider the following ergonomic tips when watching television.

- #1** – Sit upright: don't slouch on the couch, choose a firm chair that will support your spine. Consider using a lumbar pillow to help you achieve proper postural positioning.
- #2** – Move during commercials: use this time to get up and move around. Staying stationary for long periods of time is not only bad for your spine but can also interfere with digestion and elimination.
- #3** – Record your favorite shows: watching pre-recorded television gives you the option of skimming through the commercials turning an hour of sitting into only 40 minutes
- #4** – Position the TV properly: the television should be positioned in such a way that everyone watching it can sit upright without having to angle their body or turn their head to

see it clearly. This applies to a television in the bedroom as well. It should be positioned in such a way that lying flat on your back with your head slightly propped you are gazing across the room at the opposite wall.

For an older style television, it should be in a cabinet. For a newer model flat panel it should be mounted to the wall at just about shoulder height or eye level when standing.

#5 – Don't multitask: when watching television focus on the television, don't be using a laptop or texting on a cell phone because these activities will stress your body. With multiple positions and focus, this is the most unhealthy form of multi-tasking. If you're going to watch TV, then watch TV.





WELLNESS AT BREAKFAST, LUNCH AND DINNER

Egg Sandwiches for a Crowd

A delicious breakfast that'll feed the whole family.

Ingredients

- 12 large eggs
- 1 cup shredded cooked turkey
- 1 cup cooked baby spinach
- 6 pieces cooked bacon broken into pieces
- 1 1/2 cup shredded Swiss cheese - divided in half
- 1/4 cup heavy cream
- 3/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

TO PREPARE: Preheat oven to 400°F. In a large bowl, whisk eggs with heavy cream, salt and pepper. Stir in half the bacon, 1/2 the cheese, the turkey and the spinach. Pour the mixture into a buttered 9 x 13 baking dish then sprinkle with the rest of the bacon and cheese.

Bake on the center rack until set, about 18 minutes. Switch the oven to broil and cook until browned in places, about 3 minutes more. Let cool slightly then slice into 8 pieces and serve on top of a slice of toasted bread.

Source: marthastewart.com



Coconut Milk Strawberry-Banana Pops

A refreshing treat this Spring.

Ingredients

- 1 can coconut milk
- 1 pint fresh strawberries, chopped, divided
- 1 medium banana sliced
- 2 Tbsp. pure maple syrup
- 12 freezer pop molds or paper cups with wooden sticks

TO PREPARE: Place the coconut milk, 1 1/2 cups strawberries, banana and syrup in blender. Process until smooth.

Divide the remaining strawberries into the molds or cups then pour the mixture into the molds filling about 3/4 full.

Top molds with holders. If using cups, top with foil and insert the sticks through the foil Freeze until firm, at least 4 hours.

Source: tasteofhome.com

Strawberry-Avocado Tossed Salad

A crisp and refreshing lunch option that can also be served as a side dish with a grilled meat option (steak, chicken, etc.)

Ingredients

- 1/4 cup olive or coconut oil
- 10 tsp. honey
- 2 Tbsp. cider vinegar
- 2 tsp. lemon juice
- 1/4 tsp. salt
- 4 cups torn romaine
- 2 medium ripe avocados, peeled and thinly sliced
- 20 fresh strawberries, sliced
- 1/4 cup chopped and toasted pecans

TO PREPARE: In a small bowl, whisk together the oil, honey, vinegar, lemon juice and salt.

Divide romaine among 4 salad plates. Top each with avocado and strawberries. Drizzle with dressing. Sprinkle with pecans.

Source: tasteofhome.com

Tropical Glow Smoothie Bowl

A delicious and refreshing breakfast or snack option.

Ingredients

- 3/4 cup coconut water
- 1 cup frozen mango chunks, plus more for topping
- 1 cup packed fresh baby spinach
- 2 small clementines, peeled and chopped
- 1/3 cup avocado (about 1/2 avocado)
- 1 very large or 2 medium pitted Medjool dates, chopped
- 1/2 inch piece of peeled fresh ginger, chopped
- 1/2 tsp matcha green tea powder (optional)
- 3 ice cubes
- Granola, berries and hemp seeds for topping

TO PREPARE: In a blender, add the coconut water, 1 heaping cup mango, the spinach, 1 clementine, the avocado, date, ginger, matcha (if using), and the ice.

Blend on high until smooth, 1 to 2 minutes. Pour into a bowl. Top with more mango, the remaining clementine, the granola, berries and hemp seeds.

Source: rachelraymag.com





WELLNESS AT BREAKFAST, LUNCH AND DINNER

Edamame Hummus

A healthy and nutritious snack.

Ingredients

- 1 pkg (16 oz) frozen shelled edamame, thawed
- 1/2 cup tahini
- 1/2 cup water
- 1/3 to 1/2 cup lemon juice
- 2 garlic cloves, minced
- 1 tsp. sea salt
- 1/4 cup olive or coconut oil
- 1/4 cup minced fresh mint
- 2 jalapeno peppers, seeded and chopped

TO PREPARE: Cook edamame, covered, until tender. Transfer to a food processor; add remaining ingredients. Process until smooth.

Serve with assorted fresh vegetables, rice crackers, naan or any other cracker or bread for dipping.

Source: tasteofhome.com

Quinoa & Sausage with Broccoli Noodles

A delicious, nutritious main entrée.

Ingredients

- 2 sweet Italian sausage links (6 oz total)
- 1/3 cup quinoa, rinsed
- 1 Tbsp. olive or coconut oil
- 1 large head of broccoli - top cut into bite-size florets (about 3 cups), stem peeled and spiralized into noodles
- 1/2 cup low-sodium chicken stock, plus more if needed
- 2 cloves garlic, minced
- 1/4 tsp. crushed red pepper
- Fine sea salt and ground black pepper
- 1/4 cup grated Parmesan (optional)

TO PREPARE: Preheat oven to 425°F. Place the sausages in a baking dish. Bake until cooked through, 20 to 25 minutes. Let rest for 5 minutes. Slice on an angle into 1/2-inch-thick pieces.

In a medium saucepan, bring the quinoa and 1 cup water to a boil. Reduce heat to medium-low. Cover and simmer until tender, about 15 minutes.

In a large skillet, heat the oil over medium-high. When the oil begins to shimmer, add the broccoli florets and noodles, stock, garlic and crushed red pepper; season with sea salt and black pepper.

Cook, tossing often, until the broccoli florets are crisp-tender, about 5 minutes. If the pan looks dry, add more stock. Add the sausages and the juices from the baking dish and toss again.

Divide the quinoa between 2 plates. Top with the sausage, vegetables and Parmesan, if using.

Source: rachelraymag.com

Balsamic Asparagus Salad

A delicious side dish! If short on time, use 1/2 cup prepared balsamic vinaigrette instead of making it from scratch.

Ingredients

- 2 pounds fresh asparagus, trimmed and cut into 1-inch pieces
- 1/3 cup thinly sliced red onion
- 1/2 cup chopped sweet red pepper
- 1/4 cup dried cranberries
- 3 Tbsp. olive oil
- 3 Tbsp. balsamic vinegar
- 1 Tbsp. lemon juice
- 1 Tbsp. Dijon mustard
- Dash salt and pepper
- 3 Tbsp. slivered almonds, toasted
- 3 Tbsp. chopped cooked bacon or bacon bits

TO PREPARE: In a large saucepan, bring 1 in. of water to a boil. Add asparagus; cover and boil for 3-4 minutes or until crisp-tender. Drain and immediately place asparagus in ice water. Drain and pat dry. Transfer to a large bowl; add the onion, red pepper and cranberries.

In a jar with a tight-fitting lid, combine the oil, vinegar, lemon juice, mustard, salt and pepper; shake well. Pour over asparagus mixture; toss to coat. Cover and refrigerate for at least 1 hour. Just before serving, stir in almonds and bacon.

Source: tasteofhome.com



Roasted Sausages with Tomatoes & White Beans

A delicious entrée.

Ingredients

- 4 spicy Italian sausages
- 1 lb. cherry tomatoes
- 1 large red onion, cut through core into 3/4-inch wedges
- 1 head garlic, cloves peeled and sliced
- 2 Tbsp. olive oil
- 2 Tbsp. sherry vinegar
- 2 tsp. herbes de Provence
- 1 can (15 to 15.8 oz.) great northern beans, undrained
- 2 Tbsp. fresh flat-leaf parsley leaves

TO PREPARE: Preheat the oven to 450°. In a large oven-proof skillet, season the first 7 ingredients with salt and pepper and arrange in a single layer. Roast until the sausages are browned and cooked through, about 30 minutes. Gently stir in the beans and their liquid; sprinkle with the parsley.

Source: rachelraymag.com