



RECIPE FOR Wellness NEWSLETTER

LIFESTYLE

Hydrosols are making a comeback, and for good reason. Safer and more sustainable than essential oils, more potent than herbal teas, and easy to make at home, these steam-distilled aromatic waters offer a nearly unlimited number of benefits and uses.

The most common commercially available hydrosols are rose water and witch hazel, although store-bought versions are often diluted with alcohol or other preservatives to extend their shelf life. By making your own hydrosols (or buying high-quality bottles from artisan distillers) you can experience an incredible array of pure aromatic waters, including chamomile, lavender, mint, cinnamon and myrrh.

What are Hydrosols?

Hydrosols are made by distilling fresh plant material in water. This is the same general process used to make essential oils; however, industrial essential oil distillers use much larger stills and much more fresh plant material than what's available to home gardeners. Of equal importance, essential oil distillers perform a hot and fast distillation and then turn off their stills as soon as they've captured enough product.

Hydrosol distillers, on the other hand, favor a long and steady distillation so the hydrosol's top, middle and low notes all have a chance to come through the still and merge into a complex finished product. This is why you shouldn't buy hydrosols that are a byproduct of essential oil distillation. When purchasing, favor "steam-distilled" hydrosols or floral waters sold by companies with a close relationship to their producers. Avoid products labeled as "floral water" that are only essential oils added to water.

Therapeutic Uses of Hydrosols

Hydrosols not only smell divine, they also carry a wide array of physically, mentally and emotionally healing constituents. When approaching hydrosols from an herbalism background, you may be pleasantly surprised to learn that a plant's benefits are similar in hydrosol form to what they would in a tea, tincture or compress. For example, plantain poultices work wonders on bug bites and stings, and spraying a plantain hydrosol on a bug bite provides similar relief. Chamomile tea is a relaxing nervine that makes a soothing bedtime drink; diluting a few teaspoons of chamomile hydrosol in a cup of warm water or herbal tea (or adding a few ounces to your bath water) lets the plant's relaxing properties wash over you.

Adapted from motherearthliving.com

DID YOU KNOW?

You can make your own hydrosols at home! After you fall in love with the ancient alchemical process, you may consider graduating to a still, but until then, consider a simple stovetop method.

What you need: A 12-quart lidded saucepan and a convex lid, preferably glass so that you can see what's going on inside the pot, 2 small, sturdy, heat-safe bowls, such as ramekins or ceramic cereal bowls and a large resealable plastic bag filled with ice cubes plus more ice cubes as needed.

To Prepare: Place 1 heat safe bowl upside down in the center of the pan, arrange the flowers or other plant matter around the bowl, pour just enough water in the pan to cover the flowers but not enough to cover the bowl. Place the other bowl right-side up on top of the first bowl. Cover the pot with the lid flipped upside-down. Bring the water to a simmer over medium heat. Once it starts to simmer, place the bag of ice in the lid. Adjust the heat if necessary to maintain a gentle simmer. When the ice melts, dump the water from the bag and add more ice. The steam will condense on the underside of the cold lid and then drip into the open bowl. This process will take about 90 minutes.

Adapted from motherearthliving.com

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FAMILY TIME

When your children are all grown up and have flown the nest, you'll want amazing photos to look back on and smile. Here are a few tips from a pro on how to get frame-worthy pictures.

Turn off the flash - The pros think most point-and-shoot flashes are lousy. Turn it off and pump up the ISO setting (the amount of light the lens allows in). Set it between 1,600 and 3,200; play around to see what works best in your environment.

Stuck inside? Get to a window! - You'll get your best shots outside. But if you're indoors, try to situate your subjects close to a window for soft, natural light. Beware of lamps: they often create yellow "hot spots" in photos.

"Yes" is the new "cheese" - It's a more natural word for kids to shout, and it's a surefire way to get big smiles!

Embrace the chaos - Capture the unfiltered moments. They'll be a better reminder of this time in your life than a perfectly styled portrait. Typically, the most compelling photos have an element of unvarnished truth—even if that means a cranky, crying three-year-old without pants. (That image will make everyone smile one day.)

Fill up the frame - Resist the urge to put that little face in the exact center, leaving an empty expanse above it. Let your child fill the frame so the focus stays on him or her.

Photograph them doing what they love to do - Or eating what they love to eat. Toy trucks and a messy face can be the greatest photo ops ever.

The sun is your enemy - Unless you want to see a bunch of squinty eyes, head for the shade. Cloudy days are actually the best; the filtered light makes everyone look good. A bright sun is never flattering.

Turn them to face the light - It may sound counter-intuitive, but if the photo you're going to take is in full sun, have your kids turn to face it. Try to keep the sun over one of your shoulders. This position will cast light across your subjects' faces in a more pleasing way.

Take inspiration from old photos - Think of memorable shots from your own childhood. You know that beloved one of you and your siblings at the lake? Re-create the moment with your own kids and frame the two side by side on a wall or shelf.

Quit zooming! - Move in closer, getting down to the kid's eye level. Your photos will feel more intimate.

These are just a few recommendations to help you get the best photos of your family. Don't forget that you can also do a web search for "family photos" to get fun ideas for background settings and other great photo ops!



Adapted from Real Simple Family



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. In this constantly connected, plugged-in world there are issues we face that weren't as common just a few decades ago. One of these is a 21st Century problem called "tech neck".

What is tech neck?

It's probable that at some time in the not so distant past you've seen someone hunched over a smartphone or other wireless device. It's also possible that when they looked up you saw them stretch their neck or rub the back of their neck. This is more common than not.

Too much time spent with our heads bent forward over some kind of technological device, begins to create "tech neck".

Our heads are best carried in a neutral position (the center of our ears over our shoulders), and every inch we move our heads forward puts added strain on our neck.

What are the symptoms of tech neck?

Shoulder and neck pain are going to be the most common symptoms of tech neck but it can also result in headaches and other signs of discomfort. However, if left undetected or uncorrected, tech neck can even result in deviations to the thoracic and lumbar spine.

Since our spine acts like stacked building blocks, it may compensate for misalignments. Strain on the neck could result in other areas of the spine trying to counterbalance.

How can I avoid tech neck?

First, be aware that this is a problem and set time limits. Be sure to take a 3-minute break for every 15-20 minutes you spend using a device. Most wireless devices come equipped with timers, so be sure to schedule regular breaks from your technology. Also, consider purchasing a tablet holder to help relieve the stress being placed on your neck.



Finally, see your Family Wellness Chiropractor for regular adjustments. Many times, you'll have no choice but to spend a few hours bent over a keyboard, staring at a computer screen or hunched over an iPad or other similar device. This is when chiropractic care, using gentle adjustments, may be just the thing to relieve the symptoms of "tech neck".



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Sheet-Pan Mushroom Frittata

A quick and delicious, healthy breakfast!

Ingredients

- 1 lb. sliced cremini mushrooms
- 3 Tbsp. olive oil
- 1 tsp. fresh thyme leaves
- 1 large clove garlic, grated
- 18 eggs
- 3 cups watercress
- 8 oz. goat cheese

TO PREPARE: Heat oven to 450° F and toss mushrooms, olive oil, thyme and garlic on a sheet pan. Roast until softened, 8 to 10 minutes. In a large bowl, beat eggs. Stir in watercress, 2 tsps. salt and 1 tsp. pepper; then pour over mushrooms. Scatter cheese on top then bake until just set, about 11 minutes. Serves 8 to 10.

Source: rachaelraymag.com

Greek-Style Chopped Salad

A simple but delicious lunch option.

Ingredients

- 1/4 cup EVOO
- 2 Tbsp. finely chopped red onion
- 1 tsp. orange zest plus 3 Tbsp. juice (from 1 orange)
- 1 large heart of romaine, chopped (about 8 cups)
- 1/2 English cucumber, chopped
- 1 pt. cherry tomatoes, halved
- 2 oz. feta, crumbled (about 1/3 cup)
- 1/3 cup chopped almonds (about 1 1/2 oz)
- 1/3 cup chopped dried apricots (about 1 1/2 oz)
- 1/4 cup chopped fresh mint or flat-leaf parsley

TO PREPARE: In a small bowl, whisk the EVOO, onion and orange zest with the juice; season the vinaigrette with salt and pepper. Place the lettuce in a large bowl. Arrange the remaining ingredients on top in organized piles. Season the salad and drizzle with the vinaigrette.

Source: rachaelraymag.com



Chickpea-Herb Flatbread

The base of this dish is a chunky spin on hummus, made with chickpeas, tahini, lemon, cumin, and lots of herbs.

Ingredients

- 1/2 cup Tahini (sesame seed paste)
- 1/3 cup water
- 1 clove garlic, minced
- 2 Tbsp. lemon juice
- 2 cups parsley, mint and/or cilantro
- 2 cans (15 oz) chickpeas, rinsed and drained
- 1/2 tsp. cumin
- 1 pt. cherry tomatoes, halved
- 1 medium cucumber, sliced
- 6 green onions, sliced
- 6 flatbread
- 1 Tbsp. coconut or olive oil, salt and pepper for finishing

TO PREPARE: In a small bowl, whisk together tahini, 1/3 cup water, and the garlic until smooth. Set aside 2 Tbsp. of sauce then stir lemon juice and 1/8 tsp. salt into remaining sauce. Thin to drizzling consistency with water, if necessary. In a food processor, combine 1 1/2 cups herbs and reserved 2 Tbsp. sauce. Pulse until finely chopped. Add chickpeas, cumin, and 1/2 tsp. salt; pulse to form a coarse spread. In a large bowl, combine tomatoes, cucumber, green onions and remaining 1/2 cup herbs. Add 1 Tbsp. oil, 1/4 tsp. salt, and 1/8 tsp. black pepper; toss. Spread chickpea mixture on each flatbread. Top with vegetables then drizzle with sauce. Serve with lemon wedges.

Source: [Better Homes & Gardens](http://BetterHomesandGardens.com)

Greek Turkey Burgers

Delicious lunch option.

Ingredients

- 1 pound ground turkey (85% lean)
- 3 Tbsp. chopped parsley, plus whole leaves for serving
- 2 tsps. each Worcestershire sauce and Dijon mustard
- 1/2 cup plain yogurt (not Greek)
- 2 Tbsp. fresh lemon juice plus 1/4 tsp. grated zest
- 2 tsp. coconut oil plus more for drizzling
- 2 flatbreads
- Hummus, cucumber spears, and arugula for serving

TO PREPARE: Combine turkey, parsley, Worcestershire, Dijon, 1 tsp salt and 1/4 tsp pepper. Cover; refrigerate for 20 minutes. Stir together yogurt, lemon juice and zest, season with salt and pepper. Set a steamer basket in a wide pot containing 1 inch water. Bring to a boil then reduce heat to medium. Form turkey mixture into eight 1/2-inch-thick patties. Steam, covered, until patties are 165° F, 3 to 5 minutes. Transfer to a plate; pat dry. Heat a large skillet over high; swirl in oil. Sear burgers, flipping once, until golden. Cook breads over an open burner, turning occasionally, until charred in spots. Spread with hummus; top each with 2 patties, cucumber, arugula and parsley leaves. Drizzle with sauce and oil, season with salt and pepper, and serve.

Source: [Better Homes & Gardens](http://BetterHomesandGardens.com)



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Tried-and-True Sneakloaf

Here's a recipe that helps "sneak" lots of mixed produce into a simple meatloaf.

Ingredients

1/2 onion, diced	1 clove garlic, minced
1/2 red bell pepper, finely chopped	1 tsp. salt
2 Tbsp. coconut or olive oil	1 tsp. oregano
2 cups mixed vegetables, such as: broccoli, chard, carrots, peppers or zucchini, blended until finely chopped	1 tsp. thyme
1/2 cup barbecue sauce or ketchup	2 pounds ground bison, turkey or pork
	3 eggs, whisked

TO PREPARE: Heat oven to 350° F. Sauté the onion and pepper over medium heat in a saucepan with oil until just tender. Gently stir in the mixed vegetables, garlic and spices, then remove the saucepan from the heat and set aside. Combine the ground meat and eggs in a large bowl, and mix together with your hands. Add the vegetables, then mix them into the meat until they're well-incorporated. Shape the mixture into a loaf and center it in a loaf pan. It should be a little smaller than the size of the pan; you may need two pans for this. Pour the barbecue sauce or ketchup over the top and sides of the meatloaf. Cook for 60 to 75 minutes. If you use a meat thermometer, the internal temperature should reach 155°. Avoid overcooking! Remove the meatloaf from the oven and allow it to cool for about 10 minutes before slicing. This allows the egg to firm up a bit and prevents the meatloaf from crumbling. To serve, add extra ketchup, barbecue sauce or a sauce of your own choosing.

Source: motherarthliving.com

Roasted Chick with Cauliflower "Tabbouleh"

A rich, protein-packed dinner.

Ingredients

2 bone-in, skin-on chicken breast halves, patted dry	1 small shallot, halved and thinly sliced (1/4 cup)
1/4 cup coconut or extra-virgin olive oil	3/4 cup packed chopped fresh herb leaves (parsley and mint)
Kosher salt and freshly ground pepper	5 ounces baby kale, tough stems removed
1 head cauliflower, quartered, cored and grated	2 large carrots (6 ounces), shaved into ribbons with peeler
1 tsp. finely grated lemon zest, plus 1/4 cup juice (2 lemons)	1 can (15 oz) chickpeas, drained and rinsed

TO PREPARE: Heat oven to 450° F. Place chicken on a rimmed baking sheet, skin-sides up. Drizzle with oil; season with salt and pepper. Roast until a thermometer inserted in thickest parts registers 160°, 30 to 35 minutes. Let cool 10 minutes, then remove bones and thinly slice. Combine cauliflower, lemon zest and 3 Tbsp. lemon juice. Season with 1 1/2 tsps. salt. Let stand 20 minutes. Stir in shallot, 3 Tbsp. oil, and chopped herbs. Toss kale, carrots, and chickpeas with remaining 1 Tbsp. lemon juice and 1 Tbsp. oil; season with salt and pepper. Divide cauliflower mixture among plates; serve with salad, chicken and parsley or mint leaves for garnish.

Source: marthastewart.com

Spring Chicken Niçoise

Another rich, protein-packed meal choice for your family.

Ingredients

2 boneless, skinless chicken breast halves	2 Tbsp fresh lemon juice
Kosher salt and freshly ground pepper	2 tsp. Dijon mustard
3 sprigs plus 1 tsp. chopped fresh oregano	1/4 cup coconut or extra-virgin olive oil
12 oz new potatoes, cut into 1" wedges	4 cups torn mixed red- and green-leaf lettuces
8 oz sugar snap peas, trimmed (2 cups)	Sliced feta and Niçoise olives, for serving

TO PREPARE: Set a steamer basket in a wide pot containing 1" water; bring to a boil. Season chicken with salt. Lay oregano sprigs in bottom of basket; add chicken and potatoes. Reduce heat to medium, cover, and steam until potatoes are fork-tender, 12 to 14 minutes. Transfer potatoes to a plate; add peas to basket. Cover and cook until peas are tender and chicken is cooked through, 2 to 3 minutes more. Transfer chicken to plate; run peas under cold water in a colander. Shred chicken into bite-size pieces. Whisk together lemon juice, Dijon, 1/2 tsp. water, and oil. Stir in chopped oregano; season with salt and pepper. Toss lettuces, potatoes, chicken, and peas lightly with dressing. Arrange on plates with cheese and olives. Drizzle with additional dressing and serve.

Source: marthastewart.com