



# RECIPE FOR Wellness NEWSLETTER

## LIFESTYLE

Certain foods can improve cognitive performance and actually lower the risk of some neurodegenerative disorders. It's true. Fascinating research is emerging about the following 13 highly nutritious foods.

**Avocado** - This food is actually a berry and packed with nutrients. The flesh contains high quantities of monounsaturated fatty acids, which are healthy fats that help protect the nerve cells in the brain.

**Beet Juice** - According to research conducted at Wake Forest University, the nitrate-rich juice of the beet root may help protect against dementia.

**Blueberries** - Shown to increase powers of concentration and decrease cognitive degeneration, blueberries may even slow the progression of Parkinson's disease, according to findings published in the journal *Brain Research*.



**Coffee** - According to research conducted by Johns Hopkins University, consuming caffeine can have a positive effect on short and long-term memory. When subjects consumed 200 milligrams of caffeine a day, about one strong cup of coffee, they were able to recognize more images they viewed from the previous day's study session than the participants who had no caffeine.

**Curry** - Rich in turmeric, a root containing the anti-inflammatory compound curcumin, curry may improve cognitive function.

**Dark Chocolate** - High in cocoa flavonoids, compounds with marked antioxidant properties, improves cognitive abilities and helps to avoid the afternoon slumps.

**Eggs** - One of the best sources of choline, an essential nutrient used by the body to produce acetylcholine, a neurotransmitter, eggs improve memory.

**Extra Virgin Olive Oil** - Contains polyphenols, antioxidants that have been shown to reverse age and disease-related learning and memory deficits.

**Ginkgo** - Long considered the "brain herb", modern research supports its brain-boosting reputation.

**Green Leafy Vegetables** - Consumption may slow the rate of cognitive change in adults.

**Green Tea** - Brimming with powerful antioxidants, improves memory and brain connectivity between the frontal and parietal regions.

**Walnuts** - Improve memory, concentration and information processing speed.

**Wild Salmon** - High in omega-3 fatty acids, improves memory recall and boosts cognitive function.

Each of the above food items has been shown to improve cognitive function and potentially lower the risk of neurodegenerative disorders. Consider eating these foods to improve mental health and as natural remedies for memory loss and lack of concentration.

Adapted from [motherearthliving.com](http://motherearthliving.com)

## DID YOU KNOW?

Next time you're making a quiche or frittata, think twice before tossing those egg shells. From deterring pests to making better coffee, there are many practical uses for eggshells.

Eggshells can be a biodegradable container in which to **start seedlings**. Tap the small end with a spoon to crack it, then carefully remove the top and empty the egg. Use a spoon to scoop potting soil into the egg then plant seeds just below the surface of the soil. When the seedling is ready to plant just bury the entire eggshell. It will breakdown and provide extra nutrients for the plants.

Include eggshells in your **compost**. An excellent source of calcium and micronutrients for plants, crumbling eggshells and adding them directly to the soil is also helpful. The added calcium can help prevent plant diseases such as blossom end rot in tomatoes.

**Brewing coffee** with eggshells can reduce its bitterness. After sterilizing, add crushed eggshells to coffee grounds and brew as normal for a cleaner, milder-tasting cup.

Eggshells can form the basis for homemade sidewalk chalk, can be a useful anti-itch treatment, homemade cleaner and more. For more useful ideas at [motherearthliving.com](http://motherearthliving.com) search for "8 Household Uses for Eggshells".

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# FAMILY TIME

Despite feeling like there really is no time for such a luxury, 59% of families are reporting that they are eating dinner together at least 5 nights a week—an increase from only 47% in 1998, according to the Importance of Family Diner IV, a report from the National Center on Addiction and Substance Abuse (CASA) at Columbia University. Making the choice to have dinner together as a family, sitting around the table, is the most valuable first step. The benefits from there are immeasurable.

**Quality Food** - A 2000 survey found that children between the ages of 9 and 14 who ate dinner with their families ate more fruits and vegetables and less soda and fried foods. Dinners together as a family increase discussion and provision of healthful foods according to Matthew Gillman, MD, the survey's lead researcher and the director of the Obesity Prevention Program at Harvard Medical School.

**Quality Nutrition** - Americans spend more than 40% of their food budget on meals outside of the home and while eating out can be convenient it's also caloric. The average meal in a restaurant has 60% more calories than a homemade meal. Studies show that when we're presented with more food, we eat more food. The problem is that restaurant meals do not have the same quality nutrition as a homecooked meal.

**Quality Time** - Probably the biggest benefit of dinner as a family is spending time with your spouse and children. However, depending upon the age of those children, it may be difficult to get more than 1 syllable answers to your questions. It could be that you'll need a little help getting the conversation started and that's where Real Simple Family Magazine can help you and your family get talking.

Go to [www.realsimple.com/static/pdfs/dinner-chat-topics.pdf](http://www.realsimple.com/static/pdfs/dinner-chat-topics.pdf) and print out the conversation starter shown in the picture to the right. Once printed, glue it all to a piece of cardboard. Cut out the wheel and the arrow. Punch a hole in the center of the wheel and attach the arrow with a metal brad. These can be purchased at any office supply store.

When the conversation seems to have tapered off, give the arrow a gentle flick and the next person in line has to answer whatever question on which the arrow lands.

*Some of the fun questions include:* If you could have only 1 of your senses, which would you choose? Name five places you want to go in the next 10 years and what five things do you want to do there? You can't time travel, but you can send one object back in time to anyone you want. What would you send, and to whom would you send it? What is the one thing you wish you had discovered? Of course, you can always add to the fun by adding the word "Why?" to the question.

It may seem cliché but your children aren't going to be little much longer so it's important to make the most of your family time while you can. Some of their best childhood memories may one day be eating dinner together when they were little.

Adapted from Real Simple and Health.com



# 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. If you are using your cellphone or tablet a lot then be sure to consider the following information.

## Cervical Spine Issues

A study was performed in 2014 by Kenneth Hansaraj, M.D., the chief of Spine Surgery at the New York Spine Surgery & Rehabilitation Medicine. The study determined that the weight seen by the spine dramatically increases when flexing the head forward at varying degrees.

An adult head weighs between 10-12 pounds in the neutral position. As the head tilts forward the forces seen by the neck surges to 27 pounds at 15 degrees, 40 pounds at 30 degrees, 49 pounds at 45 degrees and 60 pounds at 60 degrees." These changes are what actually causes Forward Head Posture or "text neck".

## How to Resolve Text Neck

Obviously the first recommendation would be to stop using cellphones or tablets for lengthy work related tasks such as emails, editing or research.

Bringing the cellphone or wireless device to eye-level to read or increasing the text size and font to reduce leaning into the screen may also help.

Many times, it's just not logical to put your phone or tablet down until you're finished with it, so taking breaks is vital.

Stand up or change positions every 15-20 minutes to reduce neck and shoulder muscle fatigue. This can include just looking up and stretching your neck.

Just as looking down for long periods of time is all about repetitive stress to the cervical spine, looking up and stretching in the opposite direction may relieve the pressure on the neck/spine.

## If All Else Fails

Prolonged texting with your neck craned forward, without taking a break, may cause irritated nerves and, over time, disc degeneration.

If you are in pain after using your cell phone or tablet for prolonged periods of time, then be sure to see your Family Wellness Chiropractor.

Pain in the cervical spine or shoulders may be an indication that there is some form of cervical spine issue brought on by repetitive stress syndrome leading to vertebral subluxation.





# WELLNESS AT BREAKFAST, LUNCH AND DINNER

## Berry & Coconut Smoothie

High in dietary fiber and healthy fats, this smoothie is good for you and your children as well as a delicious way to start the day.

### Ingredients

- 1/2 cup coconut milk
- 2 tangerines
- 1 cup fresh or frozen raspberries
- 1 cup fresh or frozen blackberries
- 1 cup stemmed and halved strawberries
- 2 cups ice

**TO PREPARE:** Combine all of the ingredients listed above in a blender and puree slowly increasing the speed to high until smooth. Takes 1 to 2 minutes to blend completely. Serves 2.

Source: *William-Sonoma*



## Egg and Avocado Toasts

This is a delicious meal for breakfast or brunch.

### Ingredients

- 4 slices seeded whole-grain bread
- 3 hard-boiled eggs cut into 4 wedges
- 2 ripe avocados
- 1/2 cup crumbled goat cheese
- 1 tbsp. lime juice
- 1/2 tsp. salt
- 1/4 tsp. black pepper

**TO PREPARE:** Peel and pit avocados then smash with a fork in a bowl. Fold in 1/4 cup of the crumbled goat cheese, 1 tablespoon lime juice and 1/4 teaspoon of both salt and black pepper.

Toast the bread then spread a quarter of the above mixture on each slice of toast. Arrange the wedges of egg over the avocado spread. Scatter the remaining 1/4 cup of crumbled goat cheese onto each slices of toast then season all (to taste) with the remaining salt and pepper.

Source: *Family Circle*

## Asparagus, Quinoa and Goat Cheese Frittata

The frittata is the omelet's low-key cousin and this one is delicious and nutritious.

### Ingredients

- 1/4 cup quinoa, rinsed and drained
- 7 large eggs
- 1/4 cup milk
- 2 tbsp. grated Parmesan
- 1/2 tsp. sea salt
- 1/2 tsp. ground black pepper
- 1 1/2 tbsp. coconut or olive oil
- 1/2 pound asparagus, trimmed and cut into 1/2" pieces
- 1 shallot, peeled and sliced into half moons
- 6 packed cups (9 ounces) baby spinach
- 2 ounces herb-and-garlic goat cheese

**TO PREPARE:** Preheat oven to 425° F. In a small saucepan, bring 1/2 cup water to a boil. Stir in quinoa, cover and cook over low heat until water is absorbed and quinoa is tender, about 10 minutes. Let cool.

In a large bowl, whisk together eggs, milk, Parmesan, salt and pepper until combined. Whisk in cooked quinoa and set aside.

In a 10" oven-proof skillet, heat oil over medium heat. Add asparagus and shallot then cook 5 minutes. Add spinach, cover and cook 2 minutes. Uncover and stir until spinach has completed wilted, another 2 minutes.

Pour egg mixture over vegetables and stir gently with a wooden spoon for 1 minute. Cover and cook 3 minutes more. Uncover and scatter goat cheese over top.

Place skillet in oven until eggs are cooked through, about 10 minutes. Transfer to platter and serve warm.

Source: *Oprah Magazine*

## Toasted-Coconut Granola

A healthy and scrumptious snack.

### Ingredients

- 3 cups old-fashioned rolled oats
- 1 cup hulled pumpkin seeds
- 1 cup hulled sunflower seeds
- 1 cup coconut flakes
- 1 1/4 cup chopped pecans
- 3/4 cup pure maple syrup
- 1/2 cup coconut oil
- 1/2 cup packed light-brown sugar
- 1 tsp. sea salt

**TO PREPARE:** Preheat oven to 300° F. Mix together all of the above ingredients. Spread the mixture in an even layer on a rimmed baking sheet. Bake, stirring every 10 minutes, until toasted, about 45 minutes. Remove from the oven and season with more salt. Let cool completely; store in an air-tight container for up to one month.

Source: *marthastewart.com*



# WELLNESS AT BREAKFAST, LUNCH AND DINNER

## Sabiches (Israeli Pita Sandwiches)

A highly nutritious and delicious spring lunch option.

### Ingredients

- 4 pitas
- 1 medium eggplant sliced into 1/4" thick rounds
- 2 vine tomatoes
- 1 sliced hard-boiled egg
- 1/2 English cucumber
- 1/2 cup chopped parsley
- 8 tbsp. hummus
- 4 tbsp. coconut or olive oil
- 4 tsp. harissa (North African hot sauce) or sriracha or crushed red pepper can be used as a substitute
- 2 tsp. tahini
- 1 tsp. lemon juice
- 1/2 tsp. sea salt

**TO PREPARE:** In a large skillet, heat 1 tablespoon coconut or olive oil over medium-high heat. Add half the eggplant slices and cook 3 minutes, until browned. Flip, add another tablespoon of coconut or olive oil and cook 3 more minutes. Repeat with the remaining eggplant and oil. Season with 1/4 teaspoon salt.

Dice 2 tomatoes and 1/2 English cucumber and toss with 1/2 cup chopped parsley, 2 teaspoons lemon juice and 1/4 teaspoon sea salt. Set aside this tomato-cucumber salad.

Slice 4 pitas halfway open. Spread 1 teaspoon and 2 tablespoons of hummus inside each pita. Add 2 to 3 eggplant slices, 1 sliced hard-boiled egg and 1/4 cup of the tomato-cucumber salad. Drizzle with 2 teaspoons tahini.

Source: *Family Circle*

## Spiced Lentil & Sweet Potato Stew

A warm and hearty stew for a healthy dinner or to be packed in a thermos for a quick lunch.

### Ingredients

- 6 cups vegetable stock
- 1 lb. sweet potatoes, peeled and cut into 3/4" cubes
- 1 can (14.5 oz) diced tomatoes
- 1 cup dried brown lentils, rinsed
- 1 large onion, chopped
- 6 large cloves garlic, finely chopped
- 2 tbsp. coconut or olive oil
- 2 tsp. curry powder
- 1 tsp. garam masala
- 1/2 cup plain Greek yogurt
- 1/4 cup fresh cilantro leaves

**TO PREPARE:** In a large Dutch oven, bring everything but yogurt and cilantro to a boil, covered, over high; then uncover. Continue to cook over medium-high, stirring often, until the potatoes and lentils are tender, about 15 minutes; season. Divide among bowls; top with the yogurt and cilantro. Serves 4.

Source: *Rachel Ray Magazine*

## Baked Squash Fries

A healthy and delicious substitute for your wellness family.

### Ingredients

- 1 tbsp. coconut or olive oil
- 1 tsp. sea salt
- 1/4 tsp. ground pepper
- 1/3 cup almond flour
- 1/4 cup Parmesan cheese
- 1 1/2 tbsp. ground flaxseed mixed with 1/4 cup hot almond milk (or 2 eggs, whisked)
- 1 zucchini, cut into matchsticks
- 1 yellow squash, cut into matchsticks

**TO PREPARE:** Heat oven to 350° F. Lightly oil a backing sheet with 1/2 tablespoon of oil. Combine salt, pepper, flour and Parmesan in a shallow bowl and place flaxseed mixture in a separate shallow bowl.

Dip each squash stick in flaxseed mixture then lightly shake off the excess. Transfer to flour mixture and turn until lightly coated. Place squash fries on prepared cookie sheet and drizzle with remaining oil. Bake 10 minutes, then turn over and bake another 10 minutes. Fries should be golden brown.

Source: *Family Circle*

## Grilled Hanger Steak with Charred Succotash

This gluten-free healthy and quick meal serves 4.

### Ingredients

- 1 1/2 lb. hanger steak center membrane removed
- 3/4 tsp. black pepper
- 6 tbsp. coconut or olive oil, divided
- 2 ears fresh corn, shucked
- 1 medium zucchini, quartered lengthwise
- 1 bunch scallions, trimmed
- 2 cups loosely packed baby arugula
- 2 tbsp. fresh oregano leaves
- 1 garlic clove, coarsely chopped
- 2 tbsp. red wine vinegar
- 2 tbsp. water
- 1 tsp. sea salt

**TO PREPARE:** Season the steak with the pepper and coat with 1 tablespoon of oil. Grill, turning once, about 5 to 7 minutes per side for medium-rare. Remove and let rest for 5 minutes before slicing against the grain.

In a bowl, toss together the corn, zucchini, scallions and 1 tablespoon of oil. Grill the corn and vegetables, turning occasionally, until charred and tender, 6 to 7 minutes; remove. Cut the kernels from the cob and cut the vegetables into pieces then toss together.

Pulse the arugula, oregano and garlic in a food processor until roughly chopped. Add the vinegar, water, salt and the remaining oil and pulse until smooth. Divide the steak and succotash among 4 plates and drizzle with the dressing.

Source: *Real Simple*