

RECIPE FOR Wellness NEWSLETTER



LIFESTYLE

A health and wellness trend that seems to have acquired mass followers are detoxes and cleanses. When should you do a “cleanse” or a “detox” and what’s the difference between the two?

Our Cleansing Organs - The human body is an excellent housekeeper. A healthy, functional body has the natural ability to rid itself of toxins and waste products through its excretory system. Almost any substance has the potential to be toxic to our bodies if it occurs at the wrong time or place, or in the wrong amount.

The excretory system is made up of several of our hardest-working organs. The liver processes pharmaceutical drugs, toxic metabolites, and excess hormones; removes bacteria from the bloodstream; and transforms substances that enter circulation into waste products that are eliminated through urine and feces. The kidneys, which help maintain proper fluid levels, filter waste products from the blood that are then excreted in urine or feces. The skin, the organ least appreciated for its detoxing functions, steps in to expel chemicals and waste materials through sweat if the other organs don’t do a sufficient job. Working hand-in-hand with the excretory organs of the body is the lymphatic system, which filters cellular waste products before they enter the bloodstream.

Cleanse, Fast, Detox - The terms “cleanse” and “detox” are widely used interchangeably. Even popular nutrition and wellness platforms describe detoxes and cleanses as “general processes of ridding the body of built-up impurities for improved health” without distinguishing one from the other. This is a misconception. While nuanced, there’s a distinction between the two: One has a goal of “taking the load off” the digestive systems by simplifying the diet (i.e., consuming easy-to-digest foods or beverages); the other is intended to “clean up” the diet and enhance the body’s detoxification function by taking out potentially aggravating foods, incorporating foods and herbs that support the organs of detoxification, and considering lifestyle changes, such as regular exercise and better sleep, that support the body as a whole.

A cleanse, or fast, involves undertaking a simplified diet in order to take the burden off the normal digestive routine so it can focus on clearing, rejuvenating, and repairing. This may result in removing built-up excrement, mucus, and toxins from the digestive tract to improve digestive function. A detox, on the other hand, primarily alleviates daily strain on the body’s liver and kidneys by following a specialized diet that removes certain foods, such as meat, dairy, soy, grains, carbohydrates, caffeine, sugar, or alcohol, and focuses on replacing them with a healthful, whole foods diet. The protocol you choose depends on what you intend to eliminate through change and the outcome you wish to achieve.

Adapted from motherearthliving.com



DID YOU KNOW?

According to the American Psychological Association, nearly 20% of Americans in 2017 cited the use of technology as a significant source of stress in their lives.

In 2012, *Psychology Today* created a list of studies that link screens to physiological stress markers, from increased heart rate and blood pressure to sleep problems and attention impairment. There’s even a study published by the National Institute of Health that suggests an association between increased screen time and an increased risk of anxiety and depression in teens.

Then we must consider the blue light our screens emit, which interferes with the body’s circadian rhythm, potentially increasing our risk of certain cancers, obesity, heart disease and diabetes.

Despite these negative consequences, people spend an average of two hours and 23 minutes each day on social media, with 37% admitting their main reason for using social media is simply to fill up spare time.

With all this in mind—not to mention the obvious benefits of time spent away from screens, such as during outdoor activities and face-to-face time with loved ones—why not try a tech detox?

Adapted from motherearthliving.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

Ask any parent and they'll say that the holiday season is stressful. Starting about two weeks into October and then ending the first week of January, the holiday season can be a major source of stress for your children, too. Yes, you read that right! Many parents don't realize that their stress is telegraphed to their children and their children will then reflect that same stress. Here are some fun ways to help your children feel less stressed and more connected to you this year:

Arts and Crafts - It may be that you feel like you're not a very artsy-crafty person but that's not necessary to spend time with your kids. If you go to www.orientaltrading.com they have a lot of really easy to do crafts that come with easy to follow instructions and some of them are peel-and-stick foam pieces. The craft itself doesn't have to be the focus, it's the time your child gets to spend with you that will mean the most. Of course, if you don't want 20 crafts on the fridge, give them as gifts to grandma, grandpa, aunts and uncles—allowing your child the chance to be a part of this year's holiday gift giving.

Story Time - Your kids need to de-stress as much as you do and, while it may seem cliché, story time is going to be a perfect way to help in this area. Take ten of their favorite storybooks and wrap them in Christmas paper. Then, once a week, allow one of the children to pick one of the books. They get to unwrap a gift and enjoy you reading them a favorite story book... win/win.

Focused Breathing or Meditation - Whether you use a yoga mat or an old sleeping bag, lay down with your kids in the middle of the living room and do some focused breathing exercises or other meditation technique. You don't have to be a yogi to walk your children through some deep breathing exercises and help them relax. The great thing about this idea is that they're listening to your soothing voice; telling them to "take a deep breath in, hold it for 1, 2, 3, 4 now breathe out slowly, 1, 2, 3, 4 and inhale slowly through your nose, counting 1, 2, 3...". It doesn't matter what you say, it doesn't even matter how you say it, your loving voice walking them through this process will be both soothing and engaging.

Diving Through Photos - Pull out the old photo albums or box of photos and sit down on the couch with your children and take a walk down memory lane. Whether you're introducing them to your childhood friends or sharing stories of a relative that passed before they were born, it's the connection they'll feel with you that is the most valuable. Find pictures of them as an infant and tell them stories about their first year or two of life. What was their first word? How old were they when they took their first steps? This will engage them, be endearing, and definitely help relieve stress as you both focus on something other than the upcoming holidays.

These ideas are just a few to get you started. A quick Google search for "stress relieving activities for kids" will bring up dozens of options to empower you to help you and your child de-stress during this busy time of year.



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. As the months get cooler and we find ourselves becoming less active, let's remember the importance of stretching.

Neck Stretch

Standing or sitting up straight, drop your chin to your chest then gently turn your chin back and forth from one shoulder to the next 10 to 15 times. This should release any tension in your shoulder and help to loosen up your neck.

Chest and Shoulder Stretch

Standing facing the wall, place both hands on the wall shoulder width apart. Then push against the wall. Next lean toward the wall and then push away from the wall as if doing vertical push ups.

Next turn your fingers toward each other and do ten more repetitions. This will stretch and loosen your chest and your shoulder muscles.

Child Pose

On your hands and knees, shift back until your buttocks is resting on your heels. Then, raise your arms over your head

and, as your exhale, slowly lean forward until your forehead is touching the floor.

Rest here for a moment taking slow even breaths. Then slowly inhale as you raise back to an upright and seated position.

Cat Pose

On your hands and knees with your wrists in line with your shoulders and your knees in line with your hips, round your back and tuck your pelvis. Look toward the floor as you pull your abs in arching your back.



The Importance of Stretching

Beyond just keeping our muscles and ligaments loose, stretching with the proper breathing can be a stress reliever.

With each of these stretches, be sure that you are breathing in and out slowly and deliberately. This will allow your body to de-stress as you keep your body limber.

WELLNESS AT BREAKFAST, LUNCH AND DINNER

Egg in a Bagel Hole

The perfect use for leftover bagels, this version of toad in the hole gets dressed up with everything spice, shredded cheese (cheddar or Colby jack), salsa or avocado. Adding water to the skillet helps cook the eggs evenly without burning the bagel halves, resulting in a lightly toasted bagel wrapped around a perfectly runny yolk.

Ingredients

1 everything bagel, split
2 Tbsp. unsalted butter, softened
2 large eggs
1 Tbsp. water
Kosher salt, to taste
Black pepper, to taste
For serving, shredded cheese
For serving, salsa or avocado

TO PREPARE: If needed, carefully widen holes in bagel halves to 1 3/4" in diameter using a paring knife. Spread bagel halves evenly on both sides with butter. Heat a 12-inch skillet on medium. Place bagel halves, cut sides up, in skillet. Cook until golden brown, 2 to 3 minutes.

Flip bagel halves cut sides down. Reduce heat to low; crack eggs into bagel holes. Pour 1 tablespoon of water around the edge of the skillet and immediately cover. Cook until the egg whites are set and the yolks are cooked to a desired consistency, 5 to 8 minutes. Transfer bagel halves to a plate; season with salt and pepper. Serve with smoked salmon and caviar or sliced avocado. Serves 2.

Source: *Food & Wine*



Turkey-Pumpkin Chili

Ingredients

2 Tbsp. olive or coconut oil
1 small yellow onion, chopped
1 lb. lean ground turkey
1 Tbsp. plus 1 tsp. ground coriander
2 1/2 tsp. smoked paprika

TO PREPARE: Heat oil in a medium heavy-bottomed pot on medium-high. Add onion and cook, stirring occasionally, until tender, about 5 minutes. Stir in turkey, coriander, paprika and salt; cook, stirring occasionally, until turkey is browned, about 5 minutes.

Stir in beans, pumpkin, 1 3/4 cups water, and chicken broth into turkey mixture. Bring to a simmer over medium-high, stirring occasionally. Reduce heat to medium and cook, stirring often, until heated through, about 15 minutes. Top with hot sauces, sour cream and scallions.

Green Eggs and Ham

Ingredients

1/2 cup unbleached all-purpose flour
1/2 tsp. kosher salt
3 large eggs, room temperature
3/4 cup whole milk, room temperature
3 Tbsp. unsalted butter, room temperature
3 Tbsp. chopped chives
Thinly sliced deli ham
Dijon mustard
Black pepper

TO PREPARE: Preheat oven to 425° F, with a medium cast-iron skillet (10 inches, measured across top) inside on the central rack. In a bowl, whisk together flour and salt.

Purée eggs in a blender until pale and frothy, about 1 minute (aerating them ensures maximum fluff). Add flour mixture, milk and chopped chives. If you purée the chives prior to adding to the blender, it will give the batter a subtle onion flavor and will tint it green. Purée until smooth, about 30 seconds (batter will be thin).

Add butter to skillet in oven. When it melts and sizzles, pull out the rack and quickly pour the batter into the center of the skillet.

Bake until puffed, golden brown in places, and crisp along the edges, 18-22 minutes. Slice into wedges. Serve while still warm from the oven, topped with more chopped chives, the ham and Dijon mustard and lightly dusted with freshly ground black pepper.

Source: *Martha Stuart Magazine*



1 1/2 tsp. kosher salt
2 15-oz cans cannellini beans, drained and rinsed
1 15-oz can pumpkin
1 1/2 cups low-sodium chicken broth
Hot sauce, sour cream and sliced scallions for serving

Source: *Real Simple Magazine*

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WELLNESS AT BREAKFAST, LUNCH AND DINNER

Chickpea Salad with Tuna

This lemony bean salad (loosely based on the Middle Eastern dish *balilah*) is a good base for any raw, roasted, or grilled vegetables you have in the fridge.

Ingredients

1/4 cup lemon juice
2 cloves, minced garlic
1/2 tsp. ground cumin
1/4 cup olive oil
1/2 tsp. kosher salt
1/4 tsp. ground black pepper
2 15-ounce cans of chickpeas, drained and rinsed
4 green onions, bias sliced into 1 inch pieces
1/2 cup chopped roasted red peppers
1/2 cup chopped flat-leaf parsley
1 12-ounce can of tuna, drained and broken into chunks
1/2 cup crumbled feta cheese

TO PREPARE: In a large bowl, whisk together the lemon juice, garlic, cumin, olive oil, salt and pepper. Add chickpeas, green onions, roasted red peppers and parsley; stir to combine. Let stand at room temperature for 15 minutes. Fold in tuna. Top with cheese and additional parsley and ground black pepper.

Source: *BH&G Magazine*

Seared Hanger Steak and Cabbage Wedges

Ingredients

2 Tbsp. olive or coconut oil
1 1/4 lb. hanger steak
1 1/4 tsp. kosher salt
3/4 tsp. black pepper
1/2 head green cabbage, cut into 4 wedges
8 oz. cherry tomatoes
1/3 cup mayonnaise
3 Tbsp. buttermilk
1 Tbsp. apple cider vinegar
1 medium shallot, thinly sliced

TO PREPARE: Heat the oil in a large skillet over medium high. Season the steak with 1 teaspoon salt and 1/2 teaspoon pepper. Add to skillet and cook, turning once, until deeply browned, about 3 minutes per side for medium-rare. Transfer to a cutting board and let rest 10 minutes before slicing.

Meanwhile, reduce heat to medium. Add the cabbage wedges to the skillet, cut-side down, and scatter the tomatoes around them. Cook, turning once, until the cabbage is lightly browned and the tomatoes begin to burst, about 4 minutes per side.

Whisk the mayonnaise, buttermilk, and vinegar into a small bowl and season with the remaining 1/4 teaspoon each of salt and pepper. Drizzle the dressing over the cabbage and serve with the steak and tomatoes, with the shallot on top.

Source: *realsimple.com*

Turkey-and-Rice Meatballs

Easy to make, prep time is less than 15 minutes.

Ingredients

1 lb. ground turkey
1 1/4 cups cooked long-grain white rice, cooled
1/4 tsp. freshly ground black pepper
5 Tbsp. coconut oil, divided, plus more for baking sheet
1 1/2 tsp. kosher salt, divided
1/2 cup well-stirred tahini
6 Tbsp. fresh lemon juice (from 2 lemons)
2 tsp. pure maple syrup
1 10-ounce bunch curly kale, stemmed and torn into bite-size pieces
1 red apple, thinly sliced

TO PREPARE: Preheat oven to 425° F and line a rimmed baking sheet with aluminum foil. Stir turkey, rice, pepper, 3 tablespoons oil, and 1 teaspoon salt in a large bowl until combined. Lightly coat baking sheet with oil. Shape mixture into 12 (2-inch) meatballs and place on baking sheet.

Bake until light golden, about 10 minutes. Increase oven temperature to broil. Broil meatballs until golden brown and a thermometer inserted in center of a meatball registers 165° F, about 5 minutes.

Meanwhile, whisk tahini, lemon juice, maple syrup, 2 tablespoons water and remaining 2 tablespoons oil and 1/2 teaspoon salt in a small bowl until smooth.

Place kale in a large bowl. Drizzle with 1/2 cup tahini dressing and massage into leaves with your hands. Toss in apple. Serve meatballs drizzled with remaining tahini dressing along side kale salad.

Source: *realsimple.com*

