



# RECIPE FOR Wellness NEWSLETTER

## LIFESTYLE

The message has been sent loud and clear with anti-bacterial hand soap, body wash and household cleaning products that bacteria are bad. Advertisers have taught the public to believe that any bacteria left alive are a threat to our health. So, the idea that it is beneficial to take a few billion a day in pill form might seem a little far-fetched; but it's true.

### **What are probiotics?**

The World Health Organization defines probiotics as "live microorganisms, which, when administered in adequate amounts, confer a health benefit on the host." Basically speaking, probiotics are "good" or "beneficial" bacteria that are thought to promote health by suppressing the growth of potentially harmful bacteria, enhancing the protective barrier of the digestive tract, improving immune function and helping to produce Vitamin K.

### **Why do we need probiotics?**

It is estimated that more than 70 million people suffer from common digestive disorders. Good bacteria living in our digestive tract play an important role in both our digestion and immune systems.

These friendly bacteria that live in our intestines are called flora. Flora help to regulate our digestion and stool patterns, but are constantly competing for space with yeast. The two normally keep each other in check, but one of the problems caused by antibiotics is that they kill every bacteria in sight including the flora.

Depleted flora in a child can lead to many serious health issues including thrush, vaginal yeast infections, diarrhea and diaper rash.

### **Sources of Probiotics**

While many foods naturally contain probiotics it's difficult to use food as a regular source. Many food products do not list the type of probiotics included and are not required to do so. Natural food sources of probiotics include yogurt or kefir, acidophilus drinks and fermented foods such as sauerkraut, but the best source of probiotics is dietary supplements purchased at a reputable health food store. The products offered at a popular retail chain or grocery store are not going to be of the same high quality or contain the right mixture of microorganisms. When purchasing for an infant consider baby-dophilus, which has already been diluted to a healthy level for infants; available online from [www.country-life.com](http://www.country-life.com).



*Kefir is an available, natural source of probiotics.*

## DID YOU KNOW?

Recent studies have proven berries are rich in antioxidants and carcinogen-fighting phytochemicals; plus adding just one serving a day of berries to your diet can lower your blood pressure and improve your HDL levels.

### **The Science Behind Berries**

Flavonoids are phytochemicals that continue to be researched, but one thing is clear, their health-promoting properties are noteworthy. They improve memory, are powerful free-radical scavengers, prevent blood clots, protect against oxidation of LDL and lower high blood pressure, reduce inflammation and bolster immune function. Beyond this, studies are beginning to show that flavonoids may help prevent the early development of Alzheimer's disease, relieve chronic fatigue syndrome and slow down aging.

### **Consider the Sources**

It is best to purchase organic berries since research has proven that non-organic are less healthful than their whole-food counterparts. Scientists believe this is because the pesticides and other chemicals used by conventional growers hamper the plants' production of phenolics or flavonoids.

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## FAMILY TIME

Is yours one of those households where both parents works full-time as a parent and at a career? Well then, you're the same as almost 60% of all other parents and it can make you feel like your kids are missing out, especially if you're one of the 50% of single parents that works full-time to support your family. Finding time for yourself and your children can be difficult and stressful. How can you get a little one to understand that you work because you love them? The answer may be as simple as giving them one day a month.

**Introducing "Date Day"** – The concept of "Date Day" is a simple one, – guarantee your child that one day a month is going to be their special day to go "out on a date". It can be dinner and a movie, playing catch at the park, whatever makes them feel special and appreciated.

**What Day?** – This is the easy part, it's the day of their birth-date. If they were both on August 18<sup>th</sup>, then the 18<sup>th</sup> of every month is their "Date Day". This can be complicated for children born on the 30<sup>th</sup> or 31<sup>st</sup> because not all months have that date. In this case, you can choose the 15<sup>th</sup> or the 28<sup>th</sup> or another date that has significance for them. For those families where two children share the same date (for instance; August 18<sup>th</sup> and December 18<sup>th</sup>) have your children each pick their own date, perhaps one picks the 1<sup>st</sup> and the other picks the 8<sup>th</sup> thereby splitting their "day" in half. The goal here is to make sure that no two children have to share their "Date Day".

**Pick a Parent** – As for which parent does "Date Day" this can be shared any way but it's important that it's consistent. Perhaps it's a rotation; first month is both parents, second month is one parent, third month is the other parent and repeat this cycle. However you choose to rotate, the most important part is consistency so that the child never feels like they're a nuisance or interfering with your busy life. They have to feel like they are a priority.

**Modifications for the Single-Parent** – Life is complicated enough for a single-parent so in this instance consider asking for help. Share the "Date Day" rotation with someone that you know loves your kids as much as you do. For example: your child's aunt or uncle, cousin, or older sibling that's already moved out of the home; someone from church like a pastor or Sunday School teacher; or perhaps you have a friend that would want to help you with this plan.

**Other Modifications** – If any of the above seems out of range then modify the program in advance; the important thing is to make all decisions before ever introducing the plan to your children and then stay consistent. If you're concerned about time or finances then modify the program accordingly. Perhaps monthly is just too much, then plan to do this quarterly. Perhaps there are too many household expenses around the 1<sup>st</sup> of the month and your child was born on the 2<sup>nd</sup> or the 3<sup>rd</sup>, then don't base it on their "birthday". It's not like they will have ever heard of this before, so do whatever will work for you. Perhaps they have a favorite sport's player or Nascar Driver. A Peyton Manning fan would choose 18, and so would a fan of Nascar Driver, Kyle Busch. There are no rules on how to do this except two: consistency and uniformity. Once you put the plan in motion it's vital that you make this the highest priority for that day each month or every third month noting that what you do for one child you need to do for the other. If you ask one child to pick a different day (due to time or finances) then require the same of your other children. Consistency and uniformity.



## 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. Not just spinal health, but also diet 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 set 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 at 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 multitasking. If you're going to watch TV, then watch TV.





# WELLNESS AT BREAKFAST, LUNCH AND DINNER

## Breakfast Roll-Ups

A quick and easy breakfast for your kids on the go.

### **Ingredients**

8-inch whole grain tortilla then any of the following:  
Thinly sliced pieces of ham or turkey, baby spinach leaves, precooked asparagus spears, black beans, avocados, etc.

**TO PREPARE:** Lay the tortilla flat then stack the ingredients of your choice on top, roll it up and go. For easier rolling be sure not to overstuff the tortilla and try to find a tortilla that is a little on the softer side so that it doesn't split when rolling.

Source: [chefmom.sheknows.com](http://chefmom.sheknows.com)



## Easy Guacamole

Prepare and serve this dip as part of a healthy snack.

### **Ingredients**

3 ripe avocados  
1 small onion, finely diced  
1 medium tomato, diced  
1 lime (juiced)  
Salt, pepper and Tabasco sauce to taste (optional)

**TO PREPARE:** Dice or mash the avocados then add the lime juice. Next, mix in the onion and tomato. Finally, add the salt, pepper and Tabasco sauce.

**OTHER OPTIONS:** This is an easy guacamole recipe but it can be modified using any of the following ingredients:

½ teaspoon kosher salt  
½ teaspoon ground cumin  
½ teaspoon cayenne pepper  
1 tablespoon chopped cilantro  
1 minced garlic clove  
¼ cup sour cream

Should you choose to add any of the above spices these should be mixed in after the lime juice and prior to the onions and tomatoes. If you want to add the sour cream, it should be mixed in last.

## Chopped Chicken and Vegetable Soup

This is a great soup to serve at home or to put in a thermos and take to school or work.

### **Ingredients**

1 lb skinless, boneless chicken, cut into bite-sized pieces  
1 large red-skinned potato, chopped  
1 medium onion, chopped  
1 stalk celery, chopped  
3 tablespoons Dijon-style mustard  
¼ teaspoon black pepper  
Dash of garlic powder  
2 ½ cups vegetable juice  
14 ounces of chicken broth

**TO PREPARE:** In a slow cooker combine the chicken, potato, onion, celery, mustard, pepper and garlic powder. Pour vegetable juice and chicken broth over mixture. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

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

## You Pick Salad

One of the healthiest, all-natural choices for lunch is a salad but they can get boring. Sometimes we need to just mix it up a little. The first step is to no longer limit ourselves in the choices of ingredients.

### **Ingredients**

Choose any combination of the following:

**Meats:** chicken, turkey, ham, shrimp, crab, surimi, tuna, tofu, etc.

**Vegetables:** celery; cucumber slices; red, yellow or green bell pepper chunks; cooked or raw asparagus or mushroom pieces; broccoli florets; shredded cabbage; sliced or shredded carrots; etc.

**Fruits:** tomatoes; avocados; mango, apple, pears or papaya chunks; cranberries; grapes; raisins; etc.

**Nuts:** cashews, almond slices, hazelnuts, etc.

As you can see, despite the limits we put on ourselves, the options are actually limitless.

**TO PREPARE:** Combine the ingredients of your choice in the bottom of a salad bowl then mix in 1 ½ ounces of the dressing of your choice. Consider trying a low-calorie vinaigrette as it will be healthy and tasty. Once you have combined your ingredients top with a handful of baby spinach leaves or spring mix salad.

Putting the ingredients on the bottom helps to control dressing portions and makes it easier to mix the salad.

**Be Creative:** Consider eating your salad dry with just a dollop of Dijon-style mustard on the side to occasionally dip your fork in for added flavor; and don't limit yourself on your ingredients. If you like it, then try it on a salad.



## WELLNESS AT BREAKFAST, LUNCH AND DINNER

### Chicken Tagine with Olives and Lemon

The colorful Moroccan stew offers a tantalizing combination of spicy, sweet, salty, and tangy flavors.

#### Ingredients

3 tablespoons flour	½ teaspoon ground cinnamon
Salt and freshly ground pepper	½ teaspoon ground coriander
3 tablespoons olive oil	1 ½ cups (12 fl oz) chicken broth
3 ½ lb (1.75 kg) skinless, bone-in chicken breasts	Dash of saffron threads crumbled and dissolved in the chicken broth
1 yellow onion, finely chopped	2 cups (8 oz) pitted green olives, coarsely chopped
4 cloves garlic, minced	¼ cups (2 oz) fresh lemon juice
2 teaspoons hot paprika	2 tablespoons grated lemon zest
1 teaspoon ground cumin	3 tablespoons finely chopped fresh mint
1 teaspoon ground ginger	

On a plate, stir together the flour, 1 teaspoon salt, and ½ teaspoon pepper. Turn the chicken pieces in the seasoned flour, shaking off any excess. In a large frying pan over medium-high heat, warm the olive oil. Working in batches if necessary, and cook, turning often, until golden brown, about 10 minutes. Remove from the pan and set aside.

Add the onion and garlic to the pan and sauté over medium-high heat for about 30 seconds. Add the paprika, cumin, ginger, cinnamon, and coriander and sauté until the spices are fragrant and evenly coat the onion-garlic mixture, about 1 minute. Add the broth-saffron mixture and deglaze the pan, stirring and scraping up the browned bits on the bottom of the pan with a wooden spoon. Bring to a boil.

**STOVE TOP:** Transfer the broth mixture to a large Dutch oven. Add the chicken pieces. Cover and cook over low heat until the chicken is tender and opaque throughout, about 1 ½ hours. About 30 minutes before the chicken is finished, scatter the olives over the chicken and sprinkle with the lemon juice and zest.

**SLOW COOKER:** Transfer the broth mixture to a slow cooker. Add the chicken pieces. Cover and cook until the chicken is tender and opaque throughout, 2 ½-3 hours on the high-heat setting or 5-6 hours on the low-heat setting. About 1 hour before the chicken is done, scatter the olives over the chicken and sprinkle with the lemon juice and zest.

Transfer the chicken to warmed plates, garnish with the mint, and serve at once.

Source: *Williams and Sonoma Slow Cooker Cookbook*

### Meatballs with Pistachio Mint Sauce

A tasty but surprisingly healthy appetizer or served with a vegetable salad for an ideal light dinner.

#### Ingredients

2 lbs ground meat (beef, pork, lamb or turkey, or a combination thereof)	2 eggs, lightly beaten
½ cup dried bread crumbs	¾ cup shelled roasted pistachios
½ cup finely chopped yellow onions	3 tablespoons extra virgin olive oil
3 tablespoons plus 1/3 cup chopped mint, divided	¼ cup olive oil
2 teaspoons salt	½ cup flour
¼ teaspoon black pepper	1 ½ cups chicken broth
5 cloves garlic, finely chopped, divided	

**TO PREPARE:** Combine lamb, bread crumbs, onions, 3 tablespoons of the mint, salt, pepper, 1 tablespoon of the garlic, and eggs in a large bowl. Roll mixture into 1-inch meatballs and place on a large plate. Cover and refrigerate. (Meatballs can be held for up to 1 day in the refrigerator.)

Combine the pistachios, extra virgin olive oil, remaining garlic and remaining 1/3 cup mint in a food processor and puree until a thick paste. Set Aside.

Heat olive oil in a large skillet over high heat. Place the flour in a small bowl, then roll each meatball lightly in the flour to coat, shaking off the excess. Working in batches if necessary, add the meatballs and fry until browned on all sides. Remove and drain meatballs on a paper towel-lined plate.

When finished frying, discard the remaining oil in the skillet and return to the stove. Add broth, then return the meatballs to the skillet, cover and bring to a simmer over medium-low heat. Simmer, covered, for about 15 to 20 minutes, then remove to a serving platter with a slotted spoon once the meatballs are tender.

Add the pistachio-mint paste to the liquid in the skillet and stir to combine. Remove from heat. Pour the sauce over the meatballs and serve hot or at room temperature.

Source: [www.wholefoods.com/recipes](http://www.wholefoods.com/recipes)

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