

WELLNESS MINUTE

March 2020



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Imagine leaving your doctor's office with a recipe instead of a prescription! The majority of chronic diseases that people struggle with today are preventable and related to poor diet. So, it would make sense for doctors to prescribe healthy meals.

There's actually a new field called, culinary medicine that is working toward that goal. Yes, culinary medicine classes have made their way into medical schools and more doctors are being trained in nutrition, something which is long overdue.

Culinary medicine blends the art of cooking with the science of medicine. The goal is to help people make the decision to eat nutritionally appropriate meals that can prevent the onset of disease or delay progression.

Research is clear that preparing foods at home is associated with a healthier diet and higher intake of vegetables and fruit. Cooking meals at home leads to eating fewer calories. At home, we're less tempted to have an appetizer and dessert along with the meal, not to mention the fact that most restaurant portions are much larger than what we'd serve ourselves at home.

Culinary medicine is not just for doctors. It's a tool for anyone who wants to bridge nutrition recommendations with practical implementation in the kitchen. Yet, our busy lives have led to us cooking less and many people don't have even basic cooking skills.

The good news is that there are many great programs emerging that teach people how to cook for their health. It's not enough to know which foods to eat. People need to know how to prepare them and integrate them into their diet in a practical way. Consider taking a cooking class or simply find healthy cooking videos on YouTube.



Here are a few other tips for cooking healthy meals:

INCREASE VEGGIES – the fiber in veggies promotes good digestion and feeds the good bacteria in your gut. Adding more doesn't have to be complicated. Making salads, green smoothies, veggie scrambles, and roasting vegetables is super easy. Check out the Super Food Salad recipe in this newsletter.

KEEP IT SIMPLE – sheet pan meals allow you to cook protein (such as chicken) along with your veggies all together without even using pots or pans. Lining the sheet with parchment paper makes clean up easy. Just coat the chicken and chopped veggies in some olive oil and spices and cook in the oven. You can even buy your favorite veggies pre-chopped to save more time.

GET AN OIL CHANGE – healthy fats in fish, avocado, nuts, seeds, olive oil, olives, etc. can benefit your heart, immune system, and brain. Eating more of these helps and cooking with healthier oils like avocado oil, olive oil, coconut oil, grass-fed butter, and ghee rather than processed, inflammatory oils like canola, corn, and other vegetable oils will go a long way toward improving your health since inflammation is the underlying cause of most chronic diseases.

Reference:
<https://nutrition.org/the-art-of-cooking-for-health-culinary-medicine/>

No time for exercise? Try micro workouts!

Lack of time is the biggest reason people give for why they don't exercise. With micro workouts, there are no more excuses!

What's a micro workout? They're short workouts (think 10 minutes or less) with intense bursts of activity. Basically, they're shorter versions of HIIT (high intensity interval training) workouts.

Not only are they effective, but with the right movements, they can even be better for you than steady-state exercising for long periods. Some can be as effective as a 45-minute workout at a moderate pace.

Here are a few examples:

- Before getting in the shower, do 1-minute of each of the following: Jumping jacks, mountain climbers, high knees, and butt kicks.
- Between meetings or phone calls, do 10 Jumping jacks, 10 squats, and 10 push-ups.
- Run up two flights of stairs a few times per day.
- During your lunch break, take a 10-minute brisk walk.
- Try a 10-minute Tabata workout; you can find great examples on YouTube.

Done consistently, a little can go a long way!



Super Food Salad

This delicious salad is a perfect example of food as medicine. The ingredients are nutrient-dense and it's full of antioxidants, healthy fats, and fiber. It also has a delicious blend of flavors and textures.

Ingredients:

SALAD:

- 1 cup curly kale, stems removed and finely chopped
- $\frac{3}{4}$ cup broccoli slaw
- $\frac{3}{4}$ cup purple cabbage, finely chopped
- $\frac{3}{4}$ cup beets, peeled, lightly steamed and cut into small cubes
- $\frac{3}{4}$ cup cooked red quinoa
- $\frac{3}{4}$ cup apple, cut into small pieces
- $\frac{3}{4}$ cup Brussels sprouts, finely sliced
- $\frac{1}{2}$ cup dried cranberries
- $\frac{1}{2}$ cup sunflower seeds

DRESSING:

- $\frac{1}{2}$ cup fresh lime juice
- 2-3 tablespoons clover honey
- 1 tablespoon cilantro, coarsely chopped
- 2 $\frac{1}{2}$ teaspoons apple cider vinegar
- 2 teaspoons Dijon mustard
- $\frac{1}{2}$ teaspoon fresh ginger, finely grated
- $\frac{1}{2}$ cup extra virgin olive oil
- Salt and pepper to taste

Directions

Combine all the salad ingredients in a large mixing bowl and toss.

Combine all of the dressing ingredients in a jar and give it a good shake or mix in a bowl until well blended.

Drizzle dressing over salad and toss.

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Coffee: Healthy or harmful?

One day the news tells us to avoid coffee and the next we see an article on the benefits. What's the truth?

Coffee is rich in antioxidants that can help prevent disease and have been shown to help with blood sugar regulation. Coffee can also boost memory, improve concentration, not to mention help us beat fatigue. Studies even show that it can reduce the risk of dementia and Parkinson's.

On the other hand, the caffeine in coffee can increase blood pressure and heart rate, as well as decrease bone density. For some, it can also interfere with sleep, cause anxiety, or lead to an upset stomach.

So, how can we reap the benefits of drinking coffee while avoiding the risks? Like with other dietary advice, the key is to enjoy it in moderation. Unless you're sensitive to caffeine or your doctor has suggested you limit it, you can drink up to four cups of coffee or 400 milligrams of caffeine per day. However, a cup is 8 ounces so you may want to check out how many ounces fit in your particular cup since many mugs hold more than that. Keep in mind that it's best to drink coffee earlier in the day since it can take up to six hours to get out of your system.

