# MedwellNews

JULY 2016 - ISSUE NO. 11

#### BLUEBERRY PICKING: THE LOW HANGING FRUIT OF HEALTH

There are only a few better super foods than the juicy and delicious blueberry. It slows aging, decreases the common agerelated declines in cognitive function, and decreases the growth of cervical and breast cancer cells. Blueberries serve as an anti-platelet and anti-ischemic that improves the blood flow, not to mention its cache of antioxidants, anthocyanosides, bacterial inhibitors, vitamins A and C, carotenoids, and folic acid.

This leads us to a perfect example for an activity for the hot summer months: picking your own fruit. It sounds common and pedestrian, but this is really the point. The most effective solutions elude us because we think they have to be complex and complicated. Blueberry picking is a case in point. Not only are you eating the healthiest food on the planet, but you're getting it at a fraction of the cost with the added benefit of exercise.

People who are not athletes may shy away from exercise because they picture rubbing sweaty elbows with grunting gym rats, and then going home with the no-pain-nogain aliquot of achy muscles and the elusive ideal of an ultra-athlete, which they can never achieve.

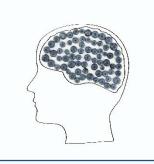
However, blueberry picking is, again, a solution so simple and every day that it slips under our wellness radar. You go out into the long, open aisles of blueberry bushes with a bucket and a strap, which is looped around your neck. From bush to bush, you move in and around and under the limbs and leaves, hunting and pecking and picking and picking some more, as you burn approximately 200 calories per hour in the process.

You're not enclosed in a gym, you didn't strain your muscles, and all you did do was to get out there and pick the organic fruit that will make you healthy all through the year. That is an exercise solution for living well.

#### Check out:

http://www.pickyourown.org/ to find out places to pick fruits and veggies by you.

## WELLNESS NEWS OF THE WEIRD



A recent study suggested that eating at least one serving of blueberries per week may slow cognitive decline by several years. This is because berries may protect the brain by clearing toxic proteins that accumulate there.

## THE SIMPLICITY OF BLUEBERRY PICKING

The process of picking fruit is basic, almost primeval. It can be quiet and solitary. This is a truly meditative activity that allows you to focus on one thing at a time.

The peace that comes from this silent simplicity is a natural bi-product of the process of berry picking itself. It is something you cannot easily find in the frantic frenzy of our modern world. There's another upside. As the picking continues, there is something of a tithe for the picker (you): three for the bucket, two for the mouth, three for the bucket, two for the mouth, and on and on down the aisles.

### **RECIPE OF THE MONTH**



**Blueberry Smoothie** 

#### You'll Need

- 12 ounces frozen blueberries
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 21/4 cups milk
- pinch of ground cardamom or nutmeg (optional)

#### Directions:

Take the blueberries out of freezer 30 minutes before using. Mix the blueberries in a blender with lemon juice, honey, and milk. Add a sprinkle of cardamom or nutmeg before serving.

## ASK WILL

With summer months upon us I know we have to pay attention to hydration even more. What is a good way to tell that we are hydrated?

Great question, and believe it or not, the answer is simpler than we tend to think. This urine color chart is a guide to

help you assess if you are in taking enough fluids throughout your day. Become familiar with the colors on the chart and check your urine color when you go to the bathroom.

Foods and other liquids besides water aid in hydration. Don't feel like you have to guzzle gallons of water or force yourself to drink all day long to stay hydrated. However, if you need to hydrate, water is always the best option.



