

MedwellNews

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SOLD ON SOLUBLE FIBER

Cholesterol management is one way to prevent heart disease and stroke.

An interesting fact is that our bodies need cholesterol. It is part of every cell structure in the body. Cholesterol aids in making hormones and vitamin D, and it is important in the digestion of fats. But here is the deal, our livers produce the exact amount of cholesterol that our body needs. Now it's worth noting that there is a condition where the body overproduces cholesterol; although the general population with high cholesterol is commonly attributed to unhealthy lifestyle practices.

So, how can fiber help our cholesterol? Fiber is like the scrub brush for our intestines. Soluble fiber is made up of a sticky substance that forms a gel-like material when it's in the presence of liquid in the body. When this substance is in the small intestine, the gel can bind with

cholesterol and bile acids and eliminate them from the body.

Bile acids are made up of cholesterol that is stored in our blood. So, when the bile acid is eliminated from our body, our cholesterol levels go down.

Let's make soluble fiber a part of our diet. Examples of foods:

Oatmeal: A perfect breakfast, but oats can also be cooked in veggie or chicken broth and used as a lunch or dinner side dish.

Pineapple: When choosing canned, make sure to choose the one that is packaged in its own juice vs. heavy syrup. Enjoy as a side or on top of a salad.

Beans: Beans contain soluble fiber and can be enjoyed in plenty of ways. Top some cannellini beans with lemon juice, olive oil, chopped fresh parsley or basil and a pinch of salt.

RECIPE ♀ THE MONTH

Garlic Green Beans

You'll Need

- 1 pound green beans, ends trimmed
- 2 cloves garlic, minced
- 1 tablespoon red-wine vinegar
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions

- Steam beans for 5 to 7 minutes or until tender but crisp.
- Rinse briefly under cold water to stop cooking process, and preserve color, but do not chill.
- In a large bowl, combine remaining ingredients.
- Add green beans and toss until well coated.

Play with Your Food

- Top with some toasted slivered almonds.
- Roast the garlic.

Enjoy Exercise through Dance

One, Two or Three, Dancing's Still My Cup of Tea!

Dance alone! Do a search on YouTube and try a new dance step you've always been eager to try or blast some music and start groovin'!

Explore Your Cultural Heritage Through Dance.

Is there some Irish running through your blood? Learn some Irish jigs. Are you of Okinawan descent? Learn some of their traditional folk dances. Many dance studios and cultural centers teach these dances. You can also find many videos on YouTube and the internet.

Zumba! Bumba!

It's a craze and rightfully so! Take a class and see for yourself.

Control Inflammatory Conditions

Many conditions in the body have an inflammation base. Whether they be genetic or a condition that has developed over time inflammation can make the condition harder to bear. Here are some tips to keep chronic inflammation low in the body. Practicing these behaviors then may help one manage inflammatory conditions.

Eat Real

Cut artificial ingredients out of your diet as many are known to increase inflammation.

Limit Sugar

Enjoy sweeteners in moderation as excessive sweetener in the diet can increase inflammation.

Increase the Dark Green Veggies in your Diet

Veggies such as: spinach, kale, broccoli, and collard greens especially help with inflammation.

Sleep Well

Not sleeping well, can increase levels of stress hormones that can lead to inflammation.

Mindful Meditation

Research suggests regular practice of mindful meditation may help to decrease inflammation.

Stress Eating

We all respond to stress differently, but many of us tend to eat more when stressed and this is especially the case more so for women than men. There are some things we need to keep in mind when it comes to stress and eating.

When we're stressed and want to eat our bodies crave fats and sugars. If you notice you tend to crave these types of foods frequently you may want to look at the stress in your life. Food may not be the problem; not managing the stress may be the problem.

As a result of this, it is in our best interest to leave "snacky" low-nutrient dense foods, such as prepackaged cookies and chips, out of the house.

ASK WILL

I have a child that is a picky eater, any suggestions on what I can do?

One thing that has been shown to work is involve children in the cooking process. They will become exposed to new smells and will take ownership in what they helped prepare. Then you could simply ask them, don't you want to taste what you have created? This will help to expose their taste buds to new flavors.

You should also encourage children to take the "thank you bite". This again will expose their taste buds to new flavors and instill mindful eating.

Offer two healthy choices and let the child pick as this allows the child to have an active role in meal-time. In addition you can have the child pick one meal a week so then when a meal rolls around that is not their favorite you can explain we enjoyed the meal you chose, and we need to have balance with our eating .

Another thing (and this is always hard for parents to hear) is that humans are survivors. If a child is stating they will not eat then the child can go to bed hungry or wait until the next meal. The child will eventually get hungry enough to eat what is served.



HAVE A QUESTION?

Email him:
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