



CONTROLLING CORTISOL

Cortisol is a necessary and natural stress hormone found in the body. It will respond to both acute and chronic stress.

In an acute, stressful situation we want cortisol to be released so that our body can handle the stressful event properly. We can function at top notch to flee us from danger or respond accordingly to an important situation. Some examples are: touching a hot plate, getting over a cold, meeting a deadline, dealing immediately with a tragedy, etc.

When we have chronic stress that we are not managing, cortisol continues to be released. Some examples are: work, relationships, financial, overextending, negative thinking, anger, etc.

Cortisol being released occasionally is okay. It is a part of the body's ability to handle acute stress.

However, when cortisol is released excessively because we are not managing day to day stressors, it can lead to health problems such as: uncontrolled diabetes, weight gain, increased blood pressure and bone loss.

We can only do what is in our control but choosing to manage the day to day stressors does indeed help with cortisol control.

If you would like a detailed guide that outlines a variety of ways to manage day to day stress, please email: nutrition@willclower.com

RECIPE ♀ THE MONTH

Fish Souvlaki

You'll Need

- 2 1/2 tablespoons fresh lemon juice
- 2 1/2 teaspoons dried oregano
- 1/4 cup olive oil
- 3/4 teaspoon salt
- 6 garlic cloves, minced
- 1 pound white fish of choice (ex. cod, sole, sea bass, halibut, mahi-mahi), cut into 1-inch pieces

Directions

- Mix the first 5 ingredients in a container that can seal. Add the fish, seal and shake to combine. Marinate in refrigerator for 30 minutes, turning once.
- Remove fish from marinade.
- Heat a pan coated lightly coated with some of the marinade over medium-high heat or Add fish and cook until fish is cooked through. Or cook on grill.
- Serve on pita bread with sliced tomato and lettuce.

Green Tea is Great!

Summer time is the perfect time for iced teas! Consider your next one to be an iced green tea!

- Green tea is the least processed of the teas and as a result contains the most antioxidants—specifically catechins.
 - The antioxidants found in green tea help to fight cancer and prevent the hardening of artery walls.
- The safe amount of fluoride found in green tea gets deposited into the bones and teeth aiding in their strength.
- Having a few cups of green tea a day is a safe amount.

Kaizen for Health!

Kaizen is a Japanese concept referring to continuous improvement.

It is a term usually used in the business sector but can benefit the health progress and other goals in our personal lives.

Kaizen is a philosophy that creating change in small steps allows our brains to adapt to the changes we are shooting for gradually. These are the circumstances that the brain functions best.

Here are 10 rules of kaizen that may benefit you in for your personal life:

1. Realize that problems create opportunities.
2. Ask “why” five times and seek out the root causes.
3. Seek ideas from others vs. the idea from one.
4. Think only of applicable solutions vs. why it cannot be done.
5. Think outside the box.
6. Don't make excuses that something is impossible. Think of what can be done!
7. Don't wait for the perfect solution, choose a simple solution.
8. Use wisdom, not money.
9. Regularly assess and correct your mistakes.
10. Self-improvement is a continual process.

What's the Deal with Pasta?

Many times, we hear that pasta is a carbohydrate that should be avoided. But get a load of this... pasta is low on the glycemic index (GI). The GI is a ranking of carbohydrates based on how quickly they raise blood-sugar levels. It is based on a scale of 0 to 100 and the lower the number, the longer it takes to digest, leaving you with a steadier source of energy and satiation. Whole-grain pasta registers in the 32–37 range, while white pasta averages in the mid-40 range. Both are still much lower than a slice of white bread.

Serve pasta with foods that contain healthy fats and proteins like seafood, vegetables, and olive oil. Create a healthy meal that will satisfy you leading to less between meal snacking. Pasta is a great food! It is the portion control of it that is key.

Ask Will

I heard monosodium glutamate is hidden in a lot of foods. Is this true?

To help understand this we must know that monosodium glutamate is made up of glutamic acid. Naturally, glutamic acid is usually found in proteins; and when it is not altered, it does not cause adverse reactions. To cause adverse reactions, glutamic acid must have been processed in some fashion.

To avoid processed glutamic acid read ingredient list and avoid foods that contain:

- Glutamic acid
- Glutamate
- Monosodium glutamate
- Monopotassium glutamate
- Calcium glutamate
- Monoammonium glutamate
- Magnesium glutamate
- Natrium glutamate
- Yeast extract
- Anything “hydrolyzed”
- Calcium caseinate
- Sodium caseinate
- Autolyzed yeast
- Gelatin
- Textured protein
- Soy protein
- Soy protein concentrate
- Soy protein isolate
- Whey protein
- Whey protein concentrate
- Whey protein isolate
- Vetsin
- Ajinomoto



HAVE A QUESTION?

Email him:
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