



# MedwellNews

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## RECIPE ♀ THE MONTH

### Beet Goat Cheese Salad

#### You'll Need

- 6 medium beets
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Lightly crumbled goat cheese (approximately 1/3 cup)
- Green onion, chopped (approximately 2 tablespoons)

#### Directions

- Wash beets, place in pot and cover with water. Let boil approximately 20 minutes or until a knife can be inserted into the beet still being a bit firm - not completely soft. Then remove beets from boiling water and rinse with cold water. Under running water, peel skins off with hands. The skins can be easily removed in this fashion.
- Chop beets into 1/4 inch cubes.
- Mix olive oil, lemon juice, and salt together in small bowl. Pour over chopped beets.
- Plate beets and top each serving with goat cheese and green onion.

## PERKS OF A PLANT-BASED DIET

The focus of a plant-based diet is to minimize animal products; and eat a diet that the base is vegetables, fruits, beans, certain plant derived oils, whole grains, nuts, and seeds.

To adopt a plant-based eating approach, you do not have to fully give up meat, fish, eggs and dairy; more so it means to try and focus on having plant-based foods as the base of your diet. As with any diet, decreasing highly-processed, high-sugar foods and drinks is beneficial too.

In addition, a plant-based diet can be a very cost-effective way to eat.

### Scientific-Based Reasons for a Plant Based Diet:

- May reduce risk and help manage:
  - Heart disease
  - High blood pressure
  - Type 2 diabetes
  - Cancer
  - Skin Health
- It's a better choice for the environment:
  - And this is especially so when you choose local and organic.

# Give Plant-Based Eating a Try

- Focus on having 1 meal a day that is vegetarian.
- Focus on having 1 meal a day that is vegan (completely free of animal products).
- Pick one day a week that you make a completely meatless day.
- Pick one day a week that you make a vegan eating day.

Work towards increasing the amount of days you commit to these plant-based eating practices.

# Get Good with Your Gut

Our gut contains more than 10 trillion microorganisms. In fact, the human gut contains 10 times more bacteria than all the human cells in the entire body!

Changes in the gut flora can increase the rate at which we absorb fatty acids and carbohydrates. An off-set gut bacteria ratio may increase the storage of calories as fat. In addition, disturbances of gut flora may lead to symptoms associated with irritable bowel and ulcerative colitis.

For overall gut health, it is important not to overdo your diet on simple sugars, synthetic preservatives, and additives. The gut appreciates fermented foods such as: kimchi, sauerkraut, cured olives, miso, and apple cider vinegar.

## Ask Will

*Is there any difference between olive oil and extra virgin olive oil? And if so, which one is best?*

This can be a confusing area especially because companies describe their olive oil using the terms pure or light. Here are some points to help clarify.

- All olive oils are high in monounsaturated fat, the heart healthy fat.
- They all contain the same amount of calories per serving.
- Due to the processing to attain Extra Virgin Olive Oil (EVOO) it is less acidic and has more aroma and flavor.
- EVOO is derived from the first press and is not refined—meaning it is not treated by heat or chemicals. When the oil is attained from the first press, EVOO contains antioxidants and inflammatory properties beneficial to our health. Olive oil—also referred to as pure or light olive oil—does go through a refining process.

Based on this information, it is best to choose EVOO whenever possible.



### HAVE A QUESTION?

Email him:  
[askwill@willclower.com](mailto:askwill@willclower.com)

## Potent Polyphenols

Polyphenols are micronutrients found in many vegetables and fruits, red wine, cocoa, teas, coffee, and spices.

These micronutrients have antioxidant activity and can help in preventing and managing the progression of cancers, cardiovascular disease (example, heart disease), neurodegenerative disease (example, Alzheimer's disease), and diabetes. They also seem to support decreasing overall chronic inflammation.

Polyphenols may also increase the good bacteria in your gut.

Some specific examples are:

- Grapes
- Apples
- Pears
- Cherries
- Berries
- Green Tea
- Red wine (one glass per day)
- Turmeric