



MedwellNews

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HAVE A HEALTHY HALLOWEEN

Make Halloween a special time for you and the family without ousting the treats.

Be Realistic! Let go of 100% and shoot for 80/20...

- Eat well 80% of the time. It's okay to give yourself 20% of wiggle room.
- This is life! Halloween is once a year. There is no need to shun it completely, but it also should not be a free-for-all either.
- Accept that at times you'll be in your 20% zone; practice being there in a "mindful" manner.
- Carry this practice into the holiday season and everyday eating and living too.

"Attention!" Eat Attentively.

- Make it a rule that when you are consuming a sweet treat, you must sit down. This helps to make the act of eating a more mindful act.

Rationing is Rational.

- Allow your child one piece of candy per day. This can also apply to adults.
 - They can pick the time to have it, but it cannot be before breakfast.

RECIPE ♀ THE MONTH

Pumpkin Potatoes

You'll Need

- Equal parts of peeled pumpkin and potatoes
- Onion, finely chopped
- Butter
- Bacon, chopped
- Salt and pepper to taste

Directions

- Boil together equal parts of the peeled potatoes and pumpkin.
- When cooked, drain them and add the chopped onion and some butter.
- Mash all till creamy.
- Season to taste with salt, pepper and bacon.

Play with Your Food

- Add a pinch of cinnamon
- Add a pinch of brown sugar

Cabbage and Cholesterol

Cabbage continues to be researched for the many benefits it provides in preventing chronic diseases. The refrigeration life of cabbage is quite durable too. Consider buying a head and preparing portions of it in a variety of ways as you go through your week.

- The cholesterol lowering benefits of cabbage are enhanced when eaten in the steamed form vs. the raw state.
- Cabbage aids in the prevention of cancer. A component of cabbage works to stop the cell cycle of cancer formation before it starts.

Waltz Around the Workplace

Moving as much as we can is an awesome thing to do for our metabolism.

Challenge yourself! Try not to sit or stand still for an hour straight.

- Take a walk around the office. Get outside if you can.
- Create a stretch break.
- Do some squats, calf raises and march in place.
- Play a song and simply move to it.

Treat Yourself! Set a goal for yourself. For example, if you take 3, 10 minute walks during your work week, at the end of the week reward yourself with a new magazine that you've wanted to get.

Ask Will

As of late I have been experiencing constipation. Any tips on what I can do?

Here are some tips for you:

- Increase the fiber in your diet. When you increase the fiber in your diet you must also increase your water intake as this will help with proper stool formation (email: nutrition@willclower.com for a list of high fiber foods).
- Manage the stress in your life (email: nutrition@willclower.com for a stress management guide).
- Decrease excess dairy and meat in the diet.
- Increase short bursts of exercise into the day. Walk more when possible. Keep moving!
- If you started a new medication, check to see if constipation may be a possible side effect.

If these tips do not help you, email nutrition@willclower.com for a Food-Grade Remedy that could benefit you.



HAVE A QUESTION?

Email him:
askwill@willclower.com

Iron in Plant Foods

Iron is a necessary nutrient for our bodies. There is a misconception that the best food source of iron is from meat. Popeye the Sailor Man was right; we should eat our spinach and other plant-based foods as they are a super source of iron. The key is having these foods in the right context.

To get the iron out of a plant-based food source, you need to have a vitamin C source present. Many veggies that are a good source of iron are also a natural source of vitamin C such as spinach and broccoli.

When you're having beans or whole grains, have a vitamin C rich food too. Here are some examples:

- Black beans and pineapple
- Hummus, tomatoes, red bell pepper and carrots
- Pinto beans and salsa
- Lentils and onions
- Green peas and carrots
- Quinoa and onions
- Brown rice and cauliflower