



# 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.

## 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

## 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](mailto:nutrition@willclower.com) for a list of high fiber foods).
- Manage the stress in your life (email: [nutrition@willclower.com](mailto: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](mailto:nutrition@willclower.com) for a Food-Grade Remedy that could benefit you.



### HAVE A QUESTION?

Email him:  
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