



MedwellNews

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A FANTASTIC WAY TO FEAST

Thanksgiving tends to get a bad rap of being an unhealthy meal. However, this is not the case ... Thanksgiving foods are very healthy choices when they are made with real ingredients. For instance, mashed potatoes should start with actual potatoes and not a box. Instead, the meal tends to go haywire due to the amount consumed.

When we spend some time to contemplate how blessed we are to eat this special meal, it can go a long way to keep us focused on mindful eating.

Use these tips to control portions of the real foods you enjoy.

- Put less food on your plate than you think you want. You can always go back for more. Research shows we eat what is in front of us, so it's best to underestimate.

- Savor every bite by taking small bites.
 - Take bites with your eyes shut to bring attention to your senses of smell and taste. Then, try and figure out the spices used.
- Try to be the last one done at the Thanksgiving meal. Slow eating is good eating! It takes at least 15 to 20 minutes to allow your brain to tell your stomach that you've had enough.
- Enjoy the meal twice! Plan on having leftovers the next day. Knowing you are going to do this will help you enjoy just the right amount.

RECIPE ♀ THE MONTH

Brussels Sprouts with Balsamic Reduction

You'll Need

- 1 pound Brussels sprouts, cut to bite size
- 2 tablespoons butter or olive oil
- ½ of a large yellow onion, chopped
- ¼ cup balsamic vinegar
- 1 teaspoon honey (optional)
- Salt

Directions

- In a small saucepan, bring balsamic vinegar to a boil then simmer till reduced to half. If desired, once reduced, add honey.
- Sauté onion in one tablespoon of butter or oil on medium heat till soft. Lower heat and let onion caramelize stirring occasionally.
- Once onions are almost done, steam Brussels sprouts for 5 minutes to soften them a bit, then drain them and place them in pan with onion. Add the other tablespoon of butter or oil and sauté until Brussels sprouts are at a consistency you would like.
- Season with salt. Place on platter and drizzle with balsamic reduction.

Apps = Activity!

The holiday season is in full swing and for many of us that means we are off our typical exercise and schedule routines. Start today with implementing an exercise holiday plan.

Take advantage of the many apps that have been designed to help you do just so! Here are some great ones to download.

- **30 day plank challenge:** A core strengthener that provides full body benefits too.
- **SworKit:** This app allows you to pick the type of exercise: strength, cardio or stretching and the app customizes a workout for you based on the time you have available.
- **7 minute Workout: Seven:** this app offers a full body cardio/strength training workout.

Give the Gift of Creativity

Recent studies have examined the health benefits of art from music to dancing, to visual arts to singing and writing. A particular study looked at chronically ill and cancer patients and noticed that participating in a form of art decreased negative emotions. It also helped to decrease stress and anxiety and foster more positive thoughts. Another study focused on the immune system. The study looked at markers in patients with HIV and noticed their markers for healthy immunity increased!

Even if one is not currently sick, it seems worth giving the gift of creativity. This year if you're looking for a holiday gift, choose something such as a gift certificate to an art or dance class or a cooking or writing workshop. This could be the gift that continues to give by nourishing health in the long-term.

The Cooking Checklist

Asking yourself the questions below could help meal preparation become an enjoyable and creative experience.

- ✓ What should go in the oven first?
- ✓ What takes the longest to bake?
- ✓ What needs to sit a bit after coming out of the oven before serving?
- ✓ How much can fit in your oven at one time?
- ✓ What dishes can be in the oven at the same temperature?
- ✓ What can be cooked ahead of time and reheated before serving?
- ✓ What does not need to be cooked?
- ✓ Can you mix and dishes mixed the night before? If so, take advantage of doing that. It will save you much needed time the next day.
- ✓ How many cooking dishes do you have? Do you need to borrow some extra cooking utensils from someone? Better to know this in advance than the day of.

Ask Will

I have been experiencing some lower back pain recently. Do you have any suggestions on how to manage it naturally?

First, I would advise you to get this checked out if it persists. Here are some suggestions to manage pain naturally.

Take a look at how you are managing stress, as poorly managed stress aggravates pain. Deep breathing exercises may help.

If you smoke, consider quitting.

Consider taking a marine based omega-3 fatty acid supplement (for an adult, a 3 gram dose a day is a safe and effective amount).

Limit excessive sugar consumption.

Focus on getting good sleep. If you need tips email: nutrition@willclower.com

You can also look into Cognitive Behavioral Therapy: as it can help you better deal with the pain through training the mind.



HAVE A QUESTION?

Email him:
askwill@willclower.com