

MedwellNews

March 2018 – ISSUE NO. 30



Wellness Widget

Foam rollers are a cost-effective piece of equipment that can help relieve sore and tight muscles and aid you in a toning workout. It is something you can use in the comfort of your own home. Use it while you're enjoying an evening television show or while the coffee is brewing.



"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

~Thomas Edison

THE BRAIN AND GUT CONNECTION

Research continues to grow in the area of gut health and its huge influence in overall health. In fact, there is a strong connection between our gut and brain.

We all intuitively know this ... Think about when you have felt stressed about speaking in public or having to deal with an unfortunate situation; where do you feel this? Many say in their stomach. Does "butterflies in the stomach" sound familiar? Our gut and our brain are linked!

Our gut contains trillions of bacteria and when we are not doing the right things for our gut, it can affect our brain health. When our diet contains too many processed foods, especially those loaded up with additives and preservatives also known as the Standard American Diet (SAD)...

our gut flora has been seen to change. The bad bacteria in our gut grow and our good bacteria growth becomes sabotaged.

To keep our gut in good shape, consuming a diet that is high in fiber and based on whole foods is very helpful. In fact, foods that are rich in polyphenols, which are micronutrients, also increase the good bacteria in our gut. The research shows when we care for our gut, we care for our brain; aiding in the areas of preventing: dementia, brain drain (fatigue), and headaches.

Let's focus on decreasing the fake foods in our diet and increasing fiber rich foods. In addition, enjoy increasing the polyphenols in your diet.

For a fiber rich and polyphenol food guide email: nutrition@willclower.com

Our Health, Our Earth

According to the Environmental Working Group, if everyone in the United States did not eat meat or cheese for just one day per week, it would be like taking 7.6 million cars off the road.

Small changes do add up. Eating plant-based on a regular basis is a way for us to heal ourselves and our earth all in one. When we heal our earth, we become exposed to less toxins.

Try to focus on making one day per week a meat-free day and build upon it from there. For some suggestions on how to move towards a plant-based way of eating and the benefits, please email Rita at: nutrition@willclower.com

Make Fasting Digestible

Fasting has been practiced before any of us were even around. According to Wikipedia, the definition of fasting is: a willing abstinence or reduction from some or all food, drink or both, for a period of time.

Research shows many advantages of fasting and we can all benefit in areas such as physical health and a mindful approach to eating.

When a person voluntarily gives up a food or drink item for a period of time, it helps in making a person appreciate the food more when they do enjoy it.

Give it a try. Start small and build on the type of fasting you practice. For example, if you tend to have a lot of between meal snacks, give fasting between meals a try or try to make one day completely free of added sugar. You can even start by making one day a week free of meat and fish. Fasting is always something that can be built upon so start with something and deepen your practice as you go.

What and What Not to Eat

March is National Nutrition Month. Here is a helpful guide:

Eat	Don't Eat
Fruits and Veggies	Fake synthetics
Things that grew	Synthetic foods
At mealtime	Throughout the day
At home	From a drive-thru
Foods	Pills
A colorful plate	Artificially colored foods

RECIPE CORNER

Open Faced Mushroom Brie Sandwich

You'll Need

- 2 tablespoons olive oil
- 1 ½ cups white mushrooms, finely chopped
- 1 teaspoon garlic, minced
- ½ cup red onion, finely diced
- 1 tablespoon red wine vinegar
- 1 tablespoon water
- Salt and pepper as needed
- 2 tablespoons parsley, finely chopped
- 4 slices French or Italian style bread
- 4 slices brie cheese

Directions

- Heat the oil in a skillet and add the mushrooms, garlic, onion, vinegar, water, salt and pepper. Cover and cook 3 minutes.
- Remove the cover, and cook on low heat until mushrooms are tender, another 5 minutes.
- Remove from heat, transfer mushrooms to a bowl and add parsley.
- Toast the bread.
- Preheat a broiler.
- Place the bread on a baking sheet and top with mushrooms. Lay a piece of cheese on top and place under the broiler until melted.
- Serve immediately.

Play with Your Food

- Try balsamic vinegar instead of red wine vinegar.
- Switch up the mushrooms or use a combination of a variety at one time.
- Try it with a different cheese.
- Leave off the cheese and make it a vegan entrée.