



# RECIPE FOR Wellness NEWSLETTER

## HOME REMEDIES

### ***Apple Cider Vinegar Home Remedies***

Over the last few years, Apple Cider Vinegar (or ACV) has become quite the hot commodity in health circles. It seems that everyone from health gurus to housewives have a use for it. This is because its benefits can range from weight loss to a cure for yeast infections. Vinegar is essentially alcohol (or ethanol) that has gone through a fermentation process. Once used to pickle food, it's uses are now far greater. Apple cider vinegar is created when crushed apples are created into apple juice and then the sugar in this is converted into ethanol with the help of yeast. This is then converted into acetic acid. The properties of apple cider vinegar not only produce probiotics, but it is full of B-vitamins and plant-based antioxidants. Because of this, apple cider vinegar is a wonderful base for many home remedies. Here are a few ideas:

### ***Apple Cider Vinegar for Weight Loss***

There have been several studies done suggesting that ACV helps with weight loss. The consensus is that it does this by reducing your appetite. The recommended dose is 2 tablespoons daily. However, researchers point out that ACV should be consumed with a restricted caloric diet and regular exercise should continue. Furthermore, experts also recommend consuming a glass of water after taking ACV as it can destroy the enamel on your teeth.

### ***Apple Cider Vinegar as a Facial Toner***

Because it contains acetic acid, ACV can potentially lead to clearer skin. It also contains antibacterial and antifungal properties which can eliminate bacteria within blemishes. It is important to note that it will not cure acne, but it may help in preventing the bacteria that causes it. The recommended solution contains:

- 1 tablespoon vinegar
- 2 cups water
- Apply with cotton ball and leave on for 5-15 minutes.
- Apple Cider Vinegar for Shiny Hair

This is probably one of the better-known remedies for ACV.

- Wet hair
- Add 4 cups water to 1/3 cup of ACV
- Let rest for 15 minutes
- Rinse

Please note that if you have dyed hair, this is not recommended as a treatment since the acid could make your hair look brassy.

### ***Apple Cider Vinegar to Treat Bruises***

ACV can encourage the blood that pools underneath the skin to scatter, reducing the appearance of the bruise.

## DID YOU KNOW?

### ***The Benefits of Eating Apples***

Apples are a rich source of vitamins and antioxidants. They also contain fiber and minerals. Because of this, apples can potentially play a role in preventing many health issues.

### ***Stroke Prevention***

Studies have shown that those who consume apples may have a lower risk of suffering from a stroke. This could be in part because of the fiber apples contain and the role fiber plays in preventing cardiovascular disease.

### ***Cholesterol***

Studies have also shown that consuming raw apples can lower cholesterol levels. Initially, it was thought that an individual could either eat a raw apple or drink apple juice with the same results. However, it was later discovered this was not the case and researchers believe it is the fiber in the apples that helps reduce cholesterol.

### ***Heart Health***

Along the lines of the previous two sections, Apples also aid in heart health. In addition to fiber and antioxidants, apples also contain vitamin C and potassium. Vitamin C plays a part in both heart health and boosting the body's immune system. Potassium helps to relax blood vessels, therefore reducing the risk of high blood pressure.

### ***Cancer***

Apples may also play a part in potentially lowering the risk of cancer. The National Cancer Institute has suggested that eating antioxidant rich foods such as apples may reduce oxidative stress levels that can lead to cellular damage which could then potentially result in certain cancers.

### ***Obesity***

Because apples contain bioactive compounds, research suggests that they can help to encourage helpful gut bacteria. They may also aid in reducing obesity because the fiber they contain causes the individual to feel full and therefore keep them from overeating.



## FAMILY TIME

### **Jumping Apple Seeds – taken from Teaching Mama**

If you are looking for something educational and fun to do with the family, try this exciting experiment where apple seeds jump!

- Dissolve  $\frac{2}{3}$  teaspoon of baking soda in  $\frac{1}{2}$  cup of water in a large glass.
- Add apple seeds from a couple apples into the liquid.
- Add 1 tablespoon of lemon juice and stir the mixture.
- The bubbles will carry the seeds up and down.

### **Apple Bowling Art – taken from Mess for Less**

Here is a fun activity to be both creative and active with apples!

You will need:

- 10 plastic water bottles
- Red paint
- Yellow paint
- White butcher paper
- 4 apples
- Set up 5-6 feet of butcher paper in the backyard or a place you don't mind getting a bit messy.
- Set up water bottles in bowling formation at one end of the paper. For stability, you may wish to fill them  $\frac{1}{4}$  full with water. Especially if it is windy outside.
- Paint stripes on the butcher paper
- As you roll the apples, they will create streaks on the paper with the paint. Challenge your kiddos to try different way of rolling the apples (harder, faster, etc.) to see which one gets the best result.



### **Apple Suncatchers – taken from Fireflies and Mudpies**

Here is a craft that uses two wonderful fall things: Apples and leaves!

You will need:

- Clear contact paper
- Autumn leaves – If you don't have access to fall leaves outside, you can get them at any craft store.
- Scissors
- Double sided tape
- Buckets
- Collect colorful falling leaves from outside.
- Cut two symmetrical squares of contact paper. Peel the backing off one of the squares and lay it flat on the table, sticky side up.
- Place the leaves on the sticky contact paper. You can place brown leaves on the top of the contact paper (to create stems) and put the bright leaves underneath.
- Cut the contact paper into the shape of an apple. You may need to do this if you have smaller children. Reinforce any part that is not sticking with double-sided tape.
- Tape the apples onto the windows of your home and enjoy the sun streaming in through the leaves!



## HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As kids head back to school with backpacks strapped to their tiny backs, it is important to remember that those academic totes of knowledge can do a number on children's backs and spines. *The American Academy of Pediatrics* says that a backpack should not exceed 10 to 20 percent of a child's weight. A backpack that weighs more than 10% of a child's weight can lead to back and neck pain, headaches, and other forms of spinal discomfort. Furthermore, it can intensify pre-existing conditions such as scoliosis. Experts recommend weighing your child's backpack once a week. If it weighs more than 15% of what your child weighs, try to find a way to lighten their load. Be mindful of how their backpack affects their back. If they hunch over when wearing it, it is likely too heavy. Parents and Guardians should also be on the lookout for other signs that a heavy backpack is taking its toll. These could include:

- Pain, tingling, or numbness in the neck, arms, or back
- Weakened muscles
- Leaning to one side, backward, or forward
- Red marks or creases on the shoulders
- Struggling to put on, or take off the backpack



## WELLNESS AT BREAKFAST, LUNCH AND DINNER

### Almond-Avocado Smoothie

Healthy and delicious!

#### Ingredients

½ small avocado, peeled and chopped  
½ cup baby spinach or kale  
1 cup almond milk  
1 tablespoon honey  
1 teaspoon ground flaxseeds  
½ ripe banana  
1 cup ice

**TO PREPARE:** Combine all ingredients in the jar of a blender and blend until smooth and frothy. Divide among 2 cups and serve immediately. Source: [www.marthastewart.com](http://www.marthastewart.com)

### Cheesy Butter-Bean Shakshuka

North African, gluten-free dinner.

#### Ingredients

2 tablespoons extra-virgin olive oil, plus more for drizzling  
1 medium red onion, sliced (2 cups)  
1 small bell pepper, sliced (1 ½ cups)  
Kosher salt and freshly ground pepper  
3 cloves garlic, sliced (1 tablespoon)  
1 teaspoon sweet paprika  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
⅛ teaspoon ground cinnamon  
2 cans (each 15 ounces) cherry tomatoes, or 1 can (28 ounces) whole peeled tomatoes  
1 can (15 ounces) butter beans, rinsed and drained, or 1 ½ cups cooked butter beans  
2 cups packed fresh spinach or other greens, such as baby kale or arugula  
4 ounces low-moisture mozzarella, such as Polly-O, grated (1 cup)  
2 ounces feta, crumbled (½ cup)  
4 large eggs  
Toasted pita, for serving

**TO PREPARE:** Preheat oven to 375°F. Heat oil in a large braiser over medium-high until shimmering. Add onion, bell pepper, and a pinch of salt and cook. Stir occasionally, until golden around edges, about 10 minutes.

Add garlic and spices; cook until fragrant, 1 minute more. Add tomatoes, breaking up with a wooden spoon, and season with salt and pepper. Bring to a boil over medium-high heat, then reduce heat and simmer until thickened slightly and flavors have melded, 15 to 20 minutes. Stir in beans and greens.

Stir together mozzarella and feta. Scatter cheeses across top of tomato mixture, then make 4 wells with the back of a spoon. Crack eggs into wells; season with salt and pepper and drizzle with oil. Transfer to oven and bake, covered, until cheese melts and eggs are just set, 12 to 15 minutes. Serve immediately with pita. Source: [www.marthastewart.com](http://www.marthastewart.com)

### Quiche Tartlets

For bacon lovers!

#### Ingredients

12 slices Canadian bacon  
¼ cup red bell pepper, diced  
2 tablespoons diced zucchini  
2 eggs  
1 tablespoon milk  
⅛ teaspoon salt  
¼ cup shredded sharp cheddar cheese

**TO PREPARE:** Preheat oven to 400 F. Line 12-mini muffin cups with a slice of Canadian bacon.

Evenly divide bell pepper and zucchini among muffin cups. In a small bowl, combine eggs, milk, and salt. Evenly divide mixture among muffin cups.

Bake for 15 to 18 minutes, or until eggs have set. Sprinkle tops with cheese and bake 2 more minutes, or until cheese is melted.

Source: [maryjanesfarm.org](http://maryjanesfarm.org)

### Crumbled-Tofu-and-Shiitake Lettuce Cups

Tasty and healthy!

#### Ingredients

⅓ cup hoisin sauce  
3 tablespoons sambal oelek or chili-garlic sauce, divided  
5 tablespoons unseasoned rice or white vinegar, divided  
1 pound extra-firm tofu, drained and pressed to remove excess moisture  
2 tablespoons cornstarch  
¼ cup vegetable oil, divided  
Kosher salt and freshly ground pepper  
2 cups chopped shiitake caps (from two 3.5-ounce packages)  
1 cup chopped bell pepper  
Lettuce leaves, steamed sushi rice, and peanuts, for serving

**TO PREPARE:** Stir together hoisin, 1 tablespoon water, and 2 tablespoons each sambal oelek and vinegar. In a separate bowl, mix remaining 1 tablespoon sambal oelek and 3 tablespoons vinegar.

Crumble tofu and toss with cornstarch to evenly coat. Heat 2 tablespoons oil in a large nonstick skillet over high until shimmering. Add tofu; season with salt and pepper and cook, stirring occasionally, until edges crisp, 6 to 8 minutes. Transfer to a plate.

Add remaining 2 tablespoons oil and shiitakes; season. Cook, stirring often and breaking up any browned bits, until golden, 5 to 6 minutes. Return tofu to skillet along with hoisin mixture; cook until thickened slightly, 1 to 2 minutes. Stir in bell pepper; remove from heat. Serve in lettuce cups with steamed rice, peanuts, and vinegar sauce.

Source: [www.marthastewart.com](http://www.marthastewart.com)



## WELLNESS AT BREAKFAST, LUNCH AND DINNER

### Cauliflower-and-Lentil Stew with Onion Relish

Spicy Indian dinner!

#### Ingredients

1 red onion, finely chopped (about 1 ¼ cups) and divided  
3 tablespoons extra-virgin olive oil, plus more for drizzling  
2 tablespoons minced fresh ginger (from a 2-inch piece)  
Kosher salt and freshly ground pepper  
1 teaspoon garam masala or berbere spice blend  
1 cup red lentils, rinsed and picked through  
4 cups cauliflower florets, cut into bite-size pieces (from ½ head)  
1 can (14.5 ounces) diced fire-roasted tomatoes  
3 cups packed baby kale  
½ teaspoon finely grated lime zest, plus 3 tablespoons fresh juice

**TO PREPARE:** Place ½ cup onion in a small bowl of ice water. Heat oil in a pot over medium-high; add remaining onion and ginger and season with salt and pepper. Cook, stirring occasionally, until onion begins to brown, 6 to 7 minutes. Add garam masala; cook, stirring, until fragrant, 1 to 2 minutes.

Add lentils, cauliflower, tomatoes, 3 cups water, and 1 teaspoon salt to pot. Bring to a boil, then reduce heat and simmer, partially covered, until lentils are cooked through and soup has thickened, about 20 minutes.

Stir in kale; cook until just wilted, about 1 minute. Season to taste. Drain reserved onion and place in a bowl with lime zest and juice and ½ teaspoon salt; toss to combine. Serve stew with onion relish spooned over top, drizzled with oil.

Source: [www.marthastewart.com](http://www.marthastewart.com)

### Five-Spice Steak With Couscous

A well-rounded steak dinner.

#### Ingredients

1 tablespoon olive oil  
2 cloves garlic, finely chopped  
1½ cups couscous  
Olive oil, for grill  
1.25-lb. skirt steak, patted dry  
1 tablespoon five-spice powder  
1¼ teaspoons kosher salt, divided  
2 radishes, sliced (½ cup)  
¼ cup thinly sliced red onion (from 1 small onion)  
½ cup packed chopped mint  
1½ tablespoons fresh lemon juice (from 1 lemon)  
1 cup chopped fresh parsley

**TO PREPARE:** Bring 1½ cups water, olive oil, and garlic to a boil in a medium saucepan over medium-high. Stir in couscous; cover and remove pan from heat. Let stand, covered, until water is absorbed, 4 to 6 minutes. Fluff with a fork and cover to keep warm.

Preheat grill to medium-high (400°F to 450°F) and grease grates with olive oil. Rub steak with five-spice powder and 1 teaspoon salt. Grill steak, covered, flipping once, until

cooked to desired doneness, 3 to 4 minutes per side for medium-rare (125°F). Transfer to a cutting board and let rest for 5 minutes.

Stir together radishes, onion, mint, lemon juice, parsley, and remaining ¼ teaspoon salt in a medium bowl. Slice steak against the grain into ¼-inch-thick pieces. Serve with parsley salad and couscous.

Source: Real Simple Magazine - May 2022



### Pesto Egg Salad Toasts

Pesto brings new life to beloved egg salad!

#### Ingredients

6 large eggs  
¼ cup chopped walnuts  
1 clove garlic, grated (¼ tsp.)  
3 tablespoons olive oil, divided  
2 tablespoons finely grated Parmesan cheese, plus more for serving  
½ teaspoon kosher salt, divided  
¼ cup finely chopped basil, plus more for serving  
1½ teaspoons fresh lemon juice (from 1 lemon), divided  
⅓ cup plain whole-milk strained yogurt, such as Greek  
3 cups packed baby arugula  
4 ½-in.-thick slices sourdough bread, toasted  
Freshly ground black pepper, for serving

**TO PREPARE:** Bring a medium saucepan of water to a boil. Add eggs; cook for 9 minutes. Meanwhile, heat a skillet over medium-high. Add walnuts; toast, stirring, for 2 to 3 minutes.

Remove eggs from pan once cooked. Lightly crack and place in a bowl of ice for 5 minutes. Peel and chop.

Combine garlic, 2 tablespoons oil, cheese, ¼ teaspoon salt, basil, 1 teaspoon lemon juice, and yogurt in a large bowl. Gently fold in eggs and walnuts, reserving 1 tablespoon walnuts for serving.

Combine arugula and remaining 1 tablespoon oil, ½ teaspoon lemon juice, and ¼ teaspoon salt in a bowl. Divide among toasts. Top with egg salad, reserved walnuts, pepper, basil, and cheese.

Source: Real Simple Magazine - May 2022