

RECIPE FOR Wellness NEWSLETTER

LIFESTYLE

With the weather turning colder, homes are being closed up for the winter. This means that the air is trapped and unable to circulate. This can result not only in stale air but may create an environment that nurtures bacteria. Using botanical oils to make homes cozy for the season is a natural way to nix cold-weather illnesses and boost spirits.

Scents to Warm the Home and Heart

According to Marcel Lavabre, author of the *Aromatherapy Workbook*, warming botanicals are high in both phenylpropane and terpenoid compounds, these are some of the strongest anti-bacteria, anti-viral and anti-septic agents known in the botanical world.

The careful use of spicy and earthy scents may not only help prevent harmful viruses from entering our homes but also may help fight the bacteria that tend to accumulate in spaces closed up tight. These same warm and inviting scents can stimulate the nervous system and may even sharpen the mind.

Naturally Clean and Fresh

Consider making your own cleansers, it's easy and economical. The first step is to stock up on basic ingredients like white vinegar, baking soda and a few spray bottles. Then add the scents of a warming essential oils in any of the following easy formulas:

- **Cloves Spice Air Freshener** – 1 cup water, 1 tablespoon witch hazel and the following essential oils: 10 drops of cinnamon and 5 drops each of anise and cloves. Combine all the ingredients well and pour into a spray bottle or atomizer then spray generously throughout the home
- **Rosemary-Fir All-Purpose Disinfectant Cleaner** – 2 cups water, 1 cup white vinegar and 25 drops each of rosemary and fir essential oil. These ingredients can be combined, poured into a large spray bottle then used to clean and disinfect kitchens, bathrooms and countertops
- **Cinnamon-Anise Carpet Freshener** – 5 cups baking soda, 20 drops anise essential oil and 50 drops cinnamon essential oil. Blend ingredients thoroughly then store in a large mason jar. Drill or hammer holes in the lid and sprinkle generously over carpets. Leave overnight or for several hours before vacuuming well.

Air Fresheners

A homemade natural air freshener can be made with 1 cup of baking soda and 6 to 8 drops of your favorite essential oil. Simply add the baking soda and oil to any sort of vase or mason jar then place it out of reach of children and pets. The vessel may need to be shaken lightly every few days to revive the scent but this is the best answer to avoiding formaldehyde and other similar chemicals found in most conventional air fresheners available via retail.

Adapted from motherearthliving.com



DID YOU KNOW?

The first thing that comes to mind when you hear the word charcoal is probably briquettes but emergency room doctors have long known that activated charcoal can act as a detoxifier in the body.

Made by exposing regular charcoal to heat and gas, this activated version has a high level of absorbency which allows it to effectively trap certain toxins. This is why it may sometimes be used to treat poisoning cases.

Recently activated charcoal has gone mainstream available as a juice that many claim has relieved gastrointestinal issues such as bloating, gas, diarrhea or indigestion.

Others have used activated charcoal as a facial mask in an effort to pull dirt and grime from their pores while still others brush their teeth with it hoping to remove stains.

Activated charcoal is available in many dosage forms including: liquid, suspension (not dissolved in the liquid but left solid), tablet, chewable tablets or powder for suspension.

As when considering any new health aid, consult with your healthcare professional before using activated charcoal.

Your Family Wellness Chiropractor can tell you how activated charcoal is beneficial.

INSIDE THIS ISSUE

Page 1	Lifestyle
Page 1	Did You Know?
Page 2	Family Time
Page 2	Feature
Page 3	Recipes
Page 4	Recipes

FAMILY TIME

Every family wants a little more joy and happiness: kids that are giggles and sunshine more often than tears and gloom. This isn't always easy but sometimes with a little extra time and effort on our part, we can help our families be a bit more joyful.

Acts of Kindness - Sonja Lyubomirsky, PhD, author of *The How of Happiness* and professor of psychology at the University of California, Riverside, says that kids ages 9 to 11 who did three kind things each week for a month enjoyed greater feelings of happiness and more popularity at school. Canadian toddlers who gave their snacks to others were rated as happier than those who ate the treats themselves. Researchers call the warm glow we feel after doing something nice a "helper's high". So, challenge your family to a "Three Good Deeds Day" each week and spread some kindness and increase your happiness.

Laugh a Lot - Laughter helps flood our systems with dopamine, the brain chemical that is associated with happiness and pleasure. Laughter isn't just the "best medicine", it's 30% more likely to happen if there are others around when something tickles your funny bone and the closer your relationship to those with you the more intense the laughter. So encourage clowning around, make jokes, work on puns and get the giggles going.

Jump for Joy - A study at the University of Michigan found that subjects who performed movements associated with joy, such as jumping, experienced a boost in mood. Kristen Race, PhD, a psychologist and author of *Mindful Parenting*, encourages her family to get happy by dancing since it reduces stress hormones.

Unplug for a While - According to experts, families with the highest happiness quotients are those who feel truly connected to each other. A recent study in the journal *Pediatrics* noted that almost three quarters of parents observed at a Boston-area fast-food restaurant were using phones during the meal while their children attempted to get their attention. For a happy family, take time to turn off the electronics and focus on each other.

An Attitude of Gratitude - Studies have shown that the relationship between gratitude and happiness is very strong. In one study participants kept a journal for 10 weeks in which they noted five things they felt grateful for each day. The result: they felt 25% happier at the end of the study. Look for ways to make the most of happiness that comes from good things happening.

Play Outside - New studies confirm that time spent outside is a powerful way to feel better and be more joyful. Five minutes of "green exercise", physical activity in nature, has shown to boost mood and self-esteem in all age groups.

Warm Thoughts - Science has suggested that we have a "negativity bias"; humans have evolved to be on the lookout for the bad, but the good news is that we can train ourselves to look on the bright side. Christine Carter, PhD, says, "If you practice looking for the good, you're saying to your brain, 'This is what's important.' You'll establish new neural connections that way." By taking the time at the end of each day to recount three good things that happened, you can train your brain to think positive, to look for the good, and perhaps better dreams can lead to sunnier days ahead for the ones you love.

Adapted from Family Fun Magazine



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As a Doctor of Chiropractic, I want to do everything I can to ensure that you and your family are healthy. The majority of people are not aware that less than 4 hours of sleep per night has been linked with an increased risk of heart disease, migraines and even chronic pain. Sleep is an integral part of the wellness lifestyle.

What is normal sleep?

The average adult should sleep about 8 to 8 1/2 hours each night. In some cultures it's normal to sleep 6 to 7 hours each night and take a nap of 1 to 2 hours a day. Rarely an individual can function perfectly normal on just 5 hours or some may require up to 10 hours a day but its' important that each person sleeps as much as is necessary for their body to properly function. This means recognizing your body's sleep needs and making an effort to meet them.

Infants have an overall greater total sleep time than any other age group. Their sleep requirements can be anywhere from 14 to 16 hours a day for the first 4 to 5 months. As they reach about 6 months they will typically sleep through the night and need at least one long nap in the middle of the day.

What is sleep deprivation?

Sleep deprivation is defined as a reduction in the usual total sleep time for more than one or two days whereas chronic sleep insufficiency exists when an individual doesn't get the necessary amount of sleep required for optimal functioning on a routine basis.

Sleep affects physical and mental health and is essential to normal functioning of all the body's systems including the immune system. Just 24 hours of sustained wakefulness results in a decrease in body temperature, a decrease in immune system function (as measured by white blood cell count), a decrease in the release of growth hormone and an increased heart rate.

It's clear that making sleep a priority is important.



Mostly Greens Frittata

Make an old favorite green.

Ingredients

8 whisked eggs seasoned with coarse salt and freshly ground pepper
 1 1/2 cups chopped blanched spinach
 1/2 cup grated Gruyère
 2 tbsp unsalted butter
 1 tbsp minced garlic

TO PREPARE: Preheat oven to 400° F. Melt butter in an 8-inch cast-iron skillet. Add minced garlic and cook until soft (about 1 minute). Add spinach and heat through. Add eggs to skillet and cook, pushing eggs into center to create curds, until almost set, 3 minutes. Sprinkle with Gruyère. Bake until set and golden, about 12 minutes.

Source: marthastewart.com



Quinoa, Spinach and Feta Scramble

Healthy and delicious!

Ingredients

8 large eggs
 1/2 tsp sea salt
 3 tbsp olive or coconut oil
 1/2 cup cooked quinoa
 1/2 cup baby spinach, roughly chopped
 1 large tomato, cored and diced into 1" pieces
 1/4 cup plus 2 tbsp crumbed feta, divided
 4 slices whole grain toast for serving

TO PREPARE: In a large bowl, whisk eggs with salt. In a large nonstick skillet, heat oil over medium heat. Add beaten eggs and begin to scramble with a rubber spatula.

Immediately add quinoa, spinach, and tomato, and continue to scramble. Reduce heat to low and stir mixture continuously until set, about 4 minutes. Fold 1/4 cup feta into eggs and remove skillet from heat.

Divide among 4 plates and top each with 1/2 tsp feta. Serve with toast.

Source: omagicircle.com

Chopped Salad

Healthy and delicious salad option.

Ingredients

Sea salt
 2 tbsp red wine vinegar
 1 tbsp lemon juice
 1/2 tbsp Dijon mustard
 1 small garlic clove, minced
 1/4 tsp ground black pepper, plus more to taste
 1/4 cup olive or coconut oil
 1/2 pound green beans, trimmed and cut into 1/2" pieces
 2 medium carrots, cut into 1/2" pieces
 2 ribs celery, cut into 1/2" pieces
 1 red bell pepper, cored and cut into 1/2" pieces
 1/3 cup finely chopped red onion
 1 head romaine, chopped
 1 large ripe avocado, peeled, pitted and diced
 1/4 cup finely grated Parmesan cheese

TO PREPARE: Bring a large pot of water to boil. In a large bowl whisk together vinegar, lemon juice, mustard, 1/2 tsp salt, garlic and black pepper. Whisk in oil.

Add green beans and carrots to boiling water and cook until just tender, about 3 minutes. Add corn and cook 1 minute more.

Drain in a colander and rinse in cold running water until completely cool. Transfer to bowl with vinaigrette.

Add tomatoes, celery, black pepper and onion and toss well. Set aside to let marinate for 30 minutes.

Add romaine, avocado, Parmesan, and salt and pepper to taste. Toss gently to combine.

Serve immediately.

Source: omagicircle.com

Five-Ingredient Chocolate Chip Cookies

Tasty, easy, gluten-free cookies!

Ingredients

1 cup almond butter
 1 cup semisweet chocolate chips
 1/2 cup packed light-brown sugar
 2 large eggs
 1/2 tsp sea salt

TO PREPARE: Preheat oven to 350° F. In a bowl, stir in almond butter, chocolate chips, sugar, eggs, and salt until a dough forms.

Place 1 tbsp mounds of dough 1 inch apart on parchment-lined baking sheets. Bake cookies until puffed and tops are set, about 10 minutes.

Transfer to a wire rack; let cool. Cookies can be stored in an airtight container up to 3 days.

Source: marthastewart.com



Easy Chicken and Broccoli Pasta

A simple and delicious dinner option.

Ingredients

Kosher or sea salt	2 1/2 cups chicken broth (preferably low-sodium)
1 pound linguine	4 cups small broccoli florets
2 tbsp olive or coconut oil	1/3 cup homemade or store-bought pesto (optional)
2 tsp finely minced garlic	1/4 tsp red-pepper flakes, or to taste
2 pounds skinless, boneless chicken breasts cut in 1" pieces	1 tbsp unsalted butter
1 tbsp chopped fresh oregano leaves or 1 tsp dried oregano	Juice of half a lemon (optional)
Freshly ground black pepper, to taste	1/2 cup freshly grated Parmesan cheese, plus more to serve

TO PREPARE: Bring a large pot of water to boil. Salt the water generously and add the pasta. Return the water to a boil and cook the pasta according to the package directions, but stop when it is very al dente, about 2 minutes before it's done. Reserve 1 cup of the cooking water and drain the pasta.

Heat the oil in a very large skillet over medium-high heat. Add the garlic, chicken, oregano, and salt and pepper, and sauté until the chicken is just lightly browned on the outside, but not cooked through, about 3 minutes.

Add the chicken broth, 1/2 cup of the reserved pasta water, the broccoli florets, and pesto, if using. Cover the skillet and bring to a simmer. Add the drained almost-cooked pasta to the skillet, as well as the red-pepper flakes and butter, and stir well. Reduce the heat to medium, cover the pot, and simmer until the pasta and broccoli are just tender, about 2 minutes. Add the lemon juice, if using, and the additional pasta cooking water if the amount of liquid seems too skimpy, you want it a little saucy. Stir in the Parmesan cheese, add additional salt and pepper if needed, and serve, with additional Parmesan on the side.

Source: *Parents Magazine*

Kale, Chickpea and Tomato Stew

Perfect for a hot lunch or dinner.

Ingredients

4 tbsp olive or coconut oil divided	3/4 pound kale, stems removed then coarsely chopped
1 medium onion, cut into eighths	1 pound tomatoes, cored and chopped
1 1/4 tsp sea salt, divided	2 (15-ounce) cans chickpeas, drained and rinsed
6 garlic cloves, thinly sliced	1 cup vegetable stock
1/4 tsp crushed red pepper flakes	4 large eggs

TO PREPARE: In a large saucepan, heat 2 tbsp of oil over medium-low heat. Add onion and 1/4 tsp salt and cook until softened, about 7 minutes. Add garlic and red pepper flakes and cook 2 minutes more. Add kale and stir until wilted, about 2 minutes. Add tomatoes, chickpeas, and stock, cook over medium heat until tomatoes start to break down, about 10 minutes. Season with 3/4 tsp salt.

In a large nonstick skillet, heat remaining 2 tbsp oil over medium heat. Crack in 2 eggs and cook until lightly crisp on the bottom and whites are set, about 3 minutes. Transfer to a plate and repeat with remaining 2 eggs. Spoon stew into 4 shallow bowls, top each with a fried egg, sprinkle with remaining 1/4 tsp sea salt and serve.

Source: *omagcircle.com*

Butternut Squash and Kale Lasagna

A delicious and healthy lasagna.

Ingredients

6 tbsp flour	1 butternut squash (thinly sliced)
6 tbsp unsalted butter	4 cups torn kale leaves
4 cups whole milk	6 no-cook lasagna noodles
Sea salt and pepper to taste	1 1/2 cups grated Gruyère

TO PREPARE: Preheat oven to 350° F. Cook flour and butter in a large pot over medium heat, whisking occasionally, until foamy, about 30 seconds. Whisk in milk. Season with sea salt and pepper. Simmer, stirring, until thickened, 8 to 10 minutes. Layer the sauce, squash, kale leaves and noodles in an 8x8 baking dish. Top with 1 1/2 cups grated Gruyère. Bake, covered, until tender, about 1 hour. Let sit for 10 minutes before serving.

Source: *realsimple.com*