

Enjoy the rest of your
Summer!

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Wellness Corner Connection

Debby Schiffer, Wellness Director for BURLCO & TRICO

KEEP SUMMER HEALTHY

Take Advantage Of Summer Goodness



Want to shape up your eating habits over the summer? With an abundance of fruits and vegetables, there is no time like the present.

Even though summertime cooks outs could bring some temptations that could hit your waistline, there are so many delicious and healthy variations you can bring to your traditional meals that will not only keep your pallet satisfied but also keep you from adding a notch on your belt.

Maybe you've decided to cut back a little on the hot dogs, peel the fatty skin off your barbecued chicken and limit mayo-laden macaroni and potato salads. Will this be enough to shape up your summertime eating habits? Cutting back on high-fat meats and mayo-drenched salads is a good place to start. But along with limiting certain foods, it's just as important to think about what to add to your meal plan. To make healthy eating habits stick, it's better to think more about enjoying your food and less about what to avoid. Here are some ideas to whet your appetite that won't expand your waistline.

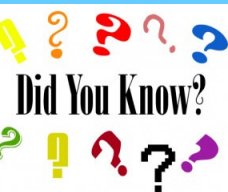
Make simple substitutions

- Breaking an unhealthy food habit doesn't mean you have to make radical changes or follow complicated recipes.
- Exchange artery-clogging creamy sauces and dressings with marinades or dressings made with olive oil or canola oil (heart-healthy fats) and herbs.
- Instead of serving a classic potato salad with creamy mayo, try steaming new potatoes and drizzling them with olive oil, garlic powder and chopped chives.
- Look for chicken or turkey sausages to grill instead of pork. They taste delicious and often offer great savings on fat and calories.
- Use wholesome barley or quinoa for a grain-based salad instead of pasta or potatoes. Add lots of raw, cut-up veggies, such as red peppers, carrots, red onion and celery.
- Go for sorbets and fruits instead of heavy cakes if you crave dessert.
- Drink plenty of water in lieu of sports/energy drinks and sodas.
- Downsize what you put on your plate. Fill two-thirds of it with fruits, vegetables and grains, and one-third with poultry, fish or meat. Use a smaller plate and fill it up once.

Take advantage of the season

Summer is prime time for the best fruits and vegetables.

- Try grilling vegetables, such as pearl onions, mushrooms, zucchini and bell peppers. Most vegetables can be grilled by cutting them into bite size pieces and threading onto skewers. Grilled fruit kabobs are also a great summertime dessert!
- Buy fresh herbs (or maybe you grew your own!). They can bring out the flavor in food. If you have extra, chop them up, put them in an ice-cube tray and fill it with water. Once the herbs freeze, pop them out and put them in a plastic bag. Defrost by running them under hot water. Or if you froze mint, drop it into a glass of water to add some flavor!
- At your next barbecue, skip the chips and serve crunchy carrot sticks, bell pepper strips and broccoli with a low-fat dip.
- Head to the beach with a veggie-filled picnic lunch. In addition to turkey or roast beef on whole wheat bread, pack fruits and vegetables such as baby carrots, cherry tomatoes, grapes, plums blueberries and cherries.
- If you are going camping or hiking, unsweetened dried fruits, such as cranberries, raisins, apricots and figs, are easy to tote in your backpack and can provide quick "pick me up" energy.
- Avoid food dyes and excess sugar and make your own frozen fruit pops at home. Freeze 100 percent fruit juice in small paper cups (add diced-up fruit to the juice before freezing for extra fiber and nutrients). Insert wooden sticks when the juice is slushy enough to hold the stick upright. When the juice is frozen solid, peel the paper off and serve.
- Keep containers of fruits and vegetables washed and cut into bite-size pieces in the refrigerator. Have them as snacks instead of chips and cookies.



Laughing lowers levels of stress hormones and strengthens the immune system.

Your body uses 300 muscles to balance itself while standing still.

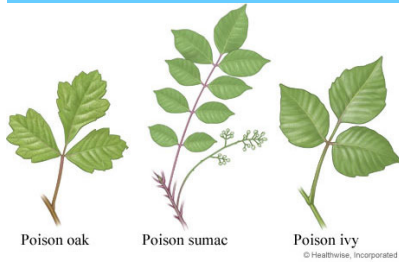
The benefits of exercise are more than just for weight management. Exercise also combats stress, promotes better sleep, and activates the immune system.

Research has shown that when people exercise by walking, they walk 30% longer if they walk to music.

Drinking water before and after a spa treatment reduces soreness and helps to flush the body of toxins released from the muscles.



Natural Remedies for Poison Ivy



Poison oak

Poison sumac

Poison ivy

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Last month I shared some natural remedies to ward off those annoying mosquitoes. This month I wanted to target another nuisance...poison ivy. Poison ivy rash occurs when the plant toxin, urushiol (one of the deadliest natural poisons on the planet) comes into contact with human skin. It is a condition characterized by swelling, blisters, pain and an amazing amount of itching.

Besides intense itching and pain, the effects of rubbing up against this poisonous plant may also manifest as red bumps, intense sensations of burning and irritation, as well as fever. If you have ever come into contact with this plant and developed a reaction as described, it can be pretty intense. I recall as a child seeing my sister get this irritant in her eyes! The symptoms can appear within a few hours or can take up to seven to tens day after the original contact with the plant.

Poison ivy rash can then spread rapidly during the first three days, especially when you scratch the affected area. And while poison ivy is usually a mild condition, it can cause great suffering if left untreated.

Luckily, just as nature as cursed us with this annoying leaf, nature can also provide many natural remedies for poison ivy. Here are a few that I discovered on [Global Healing Center.com](http://GlobalHealingCenter.com):



Baking Soda Baths & Pastes

Found in most kitchens, common baking soda is a great natural remedy for the itchiness associated with a poison ivy rash. To help relieve itching, place 1/2 a cup of baking soda in a bath tub filled with warm water. You can also mix 3 teaspoons of baking soda with one teaspoon of water and mix until it forms a paste. Apply this paste to the infected area to relieve itching and irritation that's associated with a poison ivy rash.

Oatmeal Paste

Cook a small amount of oatmeal and apply it directly to the skin as a paste. Make sure to cook it very thick so that the paste will stick to the skin. Some sources recommend putting the oatmeal on the skin while it is very warm, as the heat from the oatmeal will eventually cool, leaving the skin dry and relieved. Make sure not to apply the oatmeal when it is too hot, as this can easily burn the skin. You may also try mixing in a teaspoon of baking soda, for an extra itch-relieving effect.

Organic Apple Cider Vinegar

Apply a teaspoon of organic apple cider vinegar directly to the infected skin. Apple Cider Vinegar has a toxin-pulling action that helps suck the poison out of the pores. You can also create a warm vinegar compress using a thin cotton towel. Reapply to the skin as needed.



Aloe Vera Gel

An ancient curative remedy for the skin, aloe vera can be used directly on the infected area. You can buy a high-quality organic version at most health-food stores, or even better, buy a plant and use the gel from inner flesh of the leaves. External use of organic aloe vera juice may also help, but is not as effective as the gel.

Organic Goldenseal

Mix a small amount of powdered goldenseal root with a small amount of hot water. Rub this paste on the affected skin to help reduce the chances of infection. For quickest results, try drinking goldenseal tea or taking a goldenseal supplement. This remedy can also help with poison oak.

Himalayan Crystal Salt

Remember, poison ivy is a condition that causes the skin to become wet and red. Salt is an excellent natural remedy, as it is drying for the skin, and will pull both the excess water and the poison from the body. Make a paste using (purified) water and Himalayan Salt. You can also take a warm salt bath. I'd recommend putting a cup of Himalayan Crystal Salt into the bath tub and soak in it for at least 20 minutes.



Witch Hazel

Dabbing a small amount of witch hazel tonic on the infected area offers both cleansing and itch-relief. Witch hazel can be found at most drugstores.

Banana Peel

It may sound strange, but many old-wives tales swear by the power of a banana peel for poison ivy. Simply rub the inside of a banana peel on the affected area. This is possibly related to the cooling effect the banana peel has on the rash.



Cucumber

This green veggie is very cooling. Making a cucumber paste and applying it to the skin helps bring soothing relief to heated itching. For easy itch relief, slice a piece of a cucumber off and let it dry on the affected area.

Watermelon Rind

Similar to the cooling cucumber, watermelon is also cold on the skin and can help provide itch relief for the poison ivy rash.

Source: Group, Dr. Edward. (Feb 25, 2016). 10 Natural Remedies for Poison Ivy. Global Healing Center Live Healthy.



What Drives Us To Eat?

How would you answer this question: “why do we eat?” The response may seem obvious—to obtain the energy we need to support our everyday activities and to promote our survival. Yet many of the food choices we make today would suggest another answer. Many of our choices now actually threaten our health and well being. Often the reason we eat has nothing to do with hunger or sustenance but rather with taste.

Our daily food choices are influenced by our environment and social situations: our budget, sleep schedules, stress levels and the amount of time we actually have to prepare and eat a meal. Our ancestors ate to have the energy to continue hunting and gathering food. Their level of expenditure typically exceeded their consumption. That is not the case today. Advances in agriculture have provided the opportunity to grow massive quantities of food with far less effort than before. **PLUS many food items are now highly processed with a scientifically** perfected combination of tasty ingredients and as well as chemicals. This fact is cause to make us angry that we have **fallen victim to this “producing equation game”** the food industry is playing with **our** well-being! They are creating and marketing (heavily) food and beverage products that are **engineered to be both desirable and inexpensive** (Avena, 2015).

Overeating and obesity are on the rise in the U.S. as well as around the world. We are all aware of this and so many of us are **struggling on a daily basis to get to a healthier weight**, most times to little or no avail. **Why?** When food is produced in such a way that the balance of salt, sugar and fat make the pleasurable aspect of it a powerful motivator of choice and gluttony. This is why we so often eat past the point of satisfaction and eat highly palatable foods like cupcakes and candy bars that aren't filling. Unfortunately, our natural inclination to consume these types of foods conflict with the many influences in our modern food environment—convenience, cost, social influences just to name a few.

Given these facts, are we doomed to forever fight the losing battle of weight gain and overeating? The answer is a definite NO! There is one thing that you will need to do that is easier said than done. **That is “mindful eating”.**

Does this sound familiar?

You've been working at your computer for several hours on a very time sensitive project. You've been holding off, waiting for the delicious taste of ____ (you fill in the blank here). Bag of chips from the vending machine? Candy from a co-workers candy jar? Donuts waiting in the employee lounge? You take the first bite. Yummy!! Second bite...still yummy but a little less so. Then your focus goes back to your computer. Before long you look down and that snack is gone but you really don't even recall finishing it. Disappointment and discontent set in. You might say “That's gone but I'm still not satisfied. I'll just get one more. Now the internal critic voice pipes up saying “What are you doing? One was enough. Aren't you trying to lose weight/eat better/stop grazing/etc.?”

Thus begins the struggle over the simple, biologically natural, pleasurable act of eating.

How is it that food and eating have become such a common source of unhappiness? And why has it occurred in a country with an abundance of food? The fundamental reason for our imbalance with food and eating is that we've forgotten how to be present as we eat. We eat mindlessly.

What is Mindfulness? It is deliberately paying attention, being fully aware of what is happening both inside and outside yourself—in your body, your heart and your mind—and outside yourself in terms of your environment (availability, financial, social pressures). Mindfulness is awareness *without criticism or judgment* (Bayes, 2009). This last phrase is very important because we do not want to compare ourselves to anyone or judge ourselves. We simply want to start “teaching ourselves” to be in tune with our thoughts and the sensations involved in the act of eating.

Therefore, **Mindful Eating** means paying attention to the experience of eating and drinking. Paying attention to the colors, smells, textures, flavors, temperatures, and even the sounds (crunch!) of our food. Pay attention to the body, where in the body do you feel hungry? Is it in your stomach or head? What does feeling half-full really feel like?

Pick your mindful eating homework:

- (1) Try taking the first four sips of a cup of hot tea or coffee with full attention.
- (2) If you are reading and eating, try alternating these activities, not doing both at once. Read a page, then put the book down and eat a few bites, savoring the tastes, then read another page, and so on.
- (3) At family meals, you might ask everyone to eat in silence for the first few minutes, thinking about the many people who brought the food to your plates.
- (4) Try eating one meal a week mindfully, alone and in silence. Be creative. For example, could you eat lunch behind a closed office door, or on a park bench or even alone in our car?

Without judgment or criticism, pay attention to when your mind gets pulled away from the act of eating. Watch for impulses that may arise after you've taken a few sips or bites...do your eyes go back to your computer, are you reaching for your phone, a book, turning on the TV, calling someone...you get the picture. Are we setting ourselves up for mindless eating?

We'll begin to notice how eating affects our mood and how our emotions like anxiety and stress influence our eating habits. By practicing mindful eating we will start to regain the sense of ease and freedom with eating that we had in childhood. It is our natural birthright.

Old habits of eating and not paying attention are not easy to change. Don't try to make drastic changes all at once. Lasting change takes time, and is built on many small changes. Start simple. Start with one of these suggestions.

MINDFUL EATING changes everything and gives you back control!

Resources:

Bayes, J. (Feb 5, 2009). Mindful Eating. Psychology Today. Retrieved from <https://www.psychologytoday.com/blog/mindful-eating/200902/mindful-eating>
Avena, N (Jun 17, 2015). Why Do We Eat? Psychology Today. Retrieved from <https://www.psychologytoday.com/blog/food-junkie/201506/why-do-we-eat>

ZUCCHINI ROLLATINI

Recipe
Corner

Summer zucchini...yummy!! Here is a cheesy, Zucchini Rollatini that sounds delicious and is loaded with veggie-goodness. I haven't tried this yet but I definitely will. If you do, let me know if you enjoyed it. Grilling the zucchini is supposed to make it more pliable for rolling. Also helps to reduce the wateriness and mushiness of the zucchini when baking it.

Ingredients:

- 2 large (14 oz each) zucchini, cut lengthwise into 12 (1/4-inch thick) slices
- 1/2 teaspoon kosher salt
- fresh black pepper, to taste
- 1 cup quick marinara sauce
- 1 large egg
- 2/3 cup part skim ricotta cheese
- 1/2 cup grated Pecorino Romano cheese, plus more for serving
- 1/4 cup chopped basil
- 1 garlic clove, minced
- 3/4 cup (3 oz) shredded mozzarella



NUTRITION INFORMATION

Yield: 3 servings, Serving Size: 4 rolls

- **Amount Per Serving:**
- Smart Points: 8
- Points +: 8
- Calories: 318
- Total Fat: 17.5g
- Saturated Fat: g
- Cholesterol: 113mg
- Sodium: 998mg
- Carbohydrates: 18.5g
- Fiber: 5g
- Sugar: 9g
- Protein: 21g

Directions:

1. Preheat the oven to 400F. Spread 1/4 cup marinara sauce on the bottom of a 13 x 9-inch baking dish.
2. Cut the zucchini lengthwise, into 1/4-inch thick slices until you have a total of 12 slices about the same size. It's easiest to do this with a mandolin.
3. Season both sides of the zucchini with 1/2 tsp salt and pepper, then grill on a grill pan over high heat to help dry out the zucchini, until pliable and grill marks form, but not fully cooked, about 2 minutes on each side.
4. In a medium bowl, beat the egg then mix together with ricotta, Pecorino Romano, basil, garlic, 1/8 tsp salt and 1/8 tsp pepper.
5. Spread the ricotta mixture (about 1 1/2 tablespoons each) evenly onto each zucchini slice, spreading to cover.
6. Roll up slices and arrange them each seam side down in the prepared dish. Top each with 1 tbsp marinara sauce and 1 tbsp mozzarella cheese and tightly cover with foil.
7. Bake 20 minutes, or until the cheese is hot and melted.

Quick Marinara Sauce

Ingredients:

- 1 tsp olive oil
- 2 cloves garlic, smashed
- 28 oz can crushed tomatoes
- 1 small bay leaf
- 1 tsp oregano
- 2 tbsp chopped fresh basil
- salt and fresh pepper to taste

Directions:

1. In a medium pot, heat olive oil over medium heat.
2. Add garlic and saute until golden, being careful not to burn.
3. Add crushed tomatoes, salt, pepper, oregano, and bay leaf. Stir and reduce heat to low.
4. Cover and let simmer about 15 – 20 minutes.
5. Remove from heat and add fresh basil.



NUTRITION INFORMATION

Yield: 6 servings, Serving Size: 1/2 cup

- **Amount Per Serving:**
- Smart Points: 0
- Points +: 1
- Calories: 53
- Total Fat: 1g
- Saturated Fat: 0.1g
- Cholesterol: 0mg
- Sodium: 282mg
- Carbohydrates: 9.5g
- Fiber: 0.2g
- Sugar: 4.5g

Recipe from: www.skinnytaste.com

Everyday you are writing your life's story. Make it a story you are proud to tell. You can only do that if you are mindful of the moments we are living.

Debby Schiffer, Targeting Wellness in the Workplace, Wellness Director for BURLCO & TRICO JIF
Home Office: 856-322-1220 Cell: 856-520-9908