

Targeting Wellness Newsletter

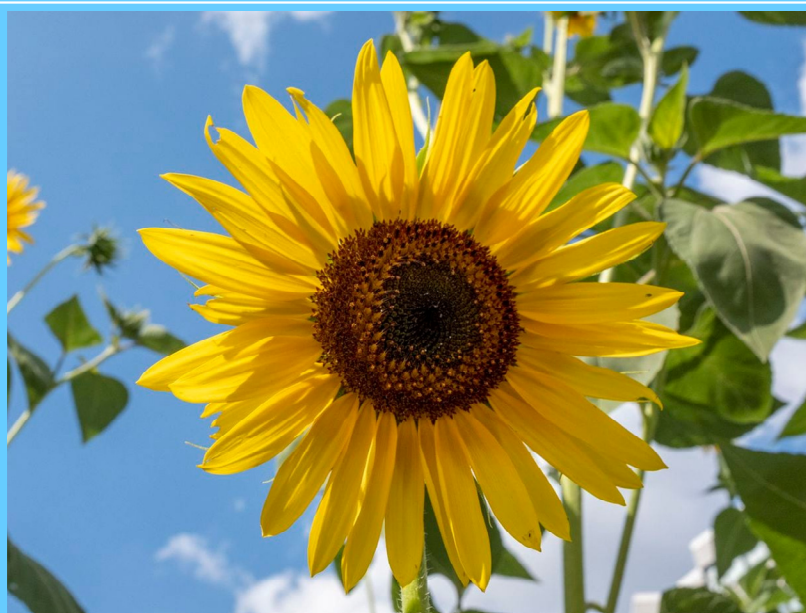
Good News for Good Health!

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*"And so with the sunshine
and the great bursts of
leaves growing on the
trees, just as things grow
in fast movies, I had that
familiar conviction that
life was beginning over
again with summer."*

*- F. Scott Fitzgerald, The
Great Gatsby*



Summer has arrived! And with it comes renewed life, beauty, and hope! Although expressed in different ways, we have been through so much uncertainty, fear, and disconnect. Let this time refuel your soul.

Turning your mind off to the "outside" may seem impossible. Please take a moment to reflect on how far you have come and all the strength required within you to get where you are today. I want to take this moment to say Thank you! Feeling unappreciated, out of control and unsure of what the future will bring, can be paralyzing.

Know that you are important, you are doing the best you can, and you are so valuable!

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Warm Weather Watch

Celebrate Independence Day without illness or injury...some common sense tips:

The rule of “not letting food sit out for more than two hours” is shortened to one hour if the temperature is above 90° F. When in doubt, throw it out.

Always wear a life jacket when boating.

The hours between 10 a.m. and 4 p.m. are the most hazardous for outdoor ultraviolet (UV) radiation exposure in the United States.

Watch for signs of heat exhaustion or heat stroke, especially in children. Kids' bodies absorb more heat on a hot day than adults do. Also, children are less able to lower their body heat by sweating. A child's body temperature may increase three to five times as fast as an adult's body temperature. Signs of trouble include red, hot, and moist or dry skin; no sweating; a strong, rapid pulse or a slow, weak pulse; a throbbing headache; dizziness; confusion; being grouchy (or grouchier than normal); or acting strangely.

Top 5 Healthiest Condiments

1. **Mustard**—has no sugar. Mustard seed itself is a powerful antioxidant. Yellow mustard contains turmeric and paprika both antioxidants as well.
2. **Guacamole**—contains lots of healthy fats that satisfy your appetite and regulate hormone balance, has lots of fiber, and plenty of vitamins, minerals, and antioxidants
3. **Salsa**— Although ketchup is considered unhealthy due to the sugar content, salsa is almost never made with added sugar if you get a good brand. Mostly just vegetables. Try it on your 4th of July burger and see!
4. **Hummus**— this is mostly chickpeas, tahini, garlic, lemon and olive oil. But now there are all kinds of flavors to choose from. When buying hummus make sure its made with olive oil and NOT soybean or canola oil.
5. **Pesto**—Generally a mashed mix of garlic, pine nuts, basil, olive oil, and grated cheese. Great source of healthy fats and powerful antioxidants.

Compelling Reasons For Eating A Variety of Fruits

STRAWBERRIES

Fighting cancer & aging



BLUEBERRIES

Protects the Heart



GRAPES

Relaxes blood vessels



BANANAS

Boost energy



CHERRIES

Calms Nervous System



MANGOS

Prevents cancers



PEACHES

Provide potassium fluoride & iron



KIWIS

Increase bone mass



ORANGES

Protects skin & vision



APPLES

Help resist infection



WATERMELON

Controls heart rate



PINEAPPLE

Fights arthritis



Add Some Spice To Your Life



Spices	What it does for your bones	How to use it
Cinnamon	Lowers blood sugar levels by slowing the breakdown of carbohydrates in the digestive tract and improves insulin sensitivity; helps fight inflammation and has been shown to lower cholesterol and triglycerides in blood.	<ul style="list-style-type: none"> • Sprinkle on apples or pears • Add to tea or coffee • Add to oatmeal
Sage	Can improve brain function and memory	<ul style="list-style-type: none"> • Dried or fresh • Fresh can be added to recipes at the beginning but best to add dried sage near the end of cooking time.
Garlic	Alkalizes and has anti-inflammatory & antioxidant properties	<ul style="list-style-type: none"> • Add to almost anything, including soups, dips, veggies, and sauces
Ginger	Has anti-inflammatory and antioxidant actions, can treat nausea with just 1 gram; can help with pain management	<ul style="list-style-type: none"> • Make ginger tea • Slice and use with veggie stir-fry
Turmeric	Helps prevent your body from oxidative stress that can lead to cell damage, bone loss and negative health effects	<ul style="list-style-type: none"> • Use in curries • Toss with rice • Add to cooked vegetable
Cayenne Pepper	Contains capsaicin which helps reduce appetite and may have anti-cancer properties	<ul style="list-style-type: none"> • Wherever you want to add a little “kick” to your food

It's best to consume spices either fresh or dried as opposed to pill form. The same holds true (and maybe more so) when it comes to vitamins. “Vitamin supplements are not a panacea for good health” (Campbell, The China Study). This means that the vitamin works best when consumed as food, not isolated in a pill form. One unfortunate misconception thought by many is that in taking a supplement it will offset the unhealthy eating choices that may continue. Trying to incorporate more of the real stuff is the best way to go.



Importance of Hydration

We have all been told how important it is to stay hydrated every day, no matter what. AND if you are in excessive heat or performing a lot of strenuous physical activity, it is VITAL that you drink even more. It goes way beyond quenching thirst; it's about keeping your body functioning properly and feeling healthy. Almost every major system within your body needs water to function and survive. Water...

- ★ Is essential for cognitive performance and mental health
- ★ Regulates body temperature (crucial in the heat of summer!)
- ★ Protects body organs and tissues
- ★ Carries nutrients and oxygen to cells and lubricates our joints
- ★ Helps flush out waste lessening the burden placed on our kidneys and liver

Eat your water through these summer veggies!

Cucumbers (96.7% water)

Celery (95.4% water)

Radishes (95.3% water)

Tomatoes (94.5% water)

Green peppers (93.9% water)

Cauliflower (92.1% water)

Watermelon (91.5% water)

Spinach (91.4% water)

.....and more!

Resource: Mayo Clinic & Health

Getting the required amount is not always easy; some find it difficult to drink plain water. Understandable. So let's look at some options that might help you to stay at a safe level throughout the day.

Try infusing drinking water with a slice of lemon, lime, orange, or grapefruit. Fresh mint leaves, cucumbers, sliced strawberries, fresh sliced ginger are all great options to enhance the "non-flavor" of water!



If you are a soda addict and find it very challenging to switch to water, try sparkling water. A Soda Stream machine is also a more eco-friendly and more affordable in the long term than buying bottled sparkling water.

Healthiest Beverages To Drink (In addition to Water)

Green Tea: known for its influence on preventing some cancers and has also been found to improve artery function, reducing the risk of cardiovascular disease. **Note:** adding milk was found to dramatically reduce the bioavailability of the antioxidants in tea. Lemon, however, increases the levels! White tea is the least processed of teas followed by green, then oolong, then black, which is the most processed.

Hibiscus Tea: In a study of over 3000 foods, beverages, spices, herbs and supplements used worldwide, this tea was the highest in antioxidants. Visit <https://deliciouslygreen.com/hibiscus-agua-fresca/> for a recipe.

Water with Apple Cider Vinegar: Recent studies have shown that consuming vinegar with a meal reduces the spike in blood sugar, insulin, and triglycerides. It also increases the feeling of fullness after a meal. Recommendation on how to make your own is add 1 or 2 tablespoons of apple cider vinegar (make sure you get the kind that includes the Mother) to 8 ounces of water. **CAUTION: Do not drink vinegar straight! The acetic acid can burn your esophagus!**



Resource: Food Revolution Network



What is Nutrient Pollution?

We know how important water is for our existence, for our health, as well as for the animals and planet. You may or may not have heard of “nutrient pollution”. This is one of the most widespread, costly and challenging environmental problems being faced today in America. Is it caused by human activities that increase the amount of nitrogen and phosphorus in our air and water, so much so that they become toxic.



In normal amounts, they are a natural part of our aquatic ecosystems. However, at the level we are now seeing, they are becoming devastating. It is causing severe algal growth (algae blooms), which block essential light for the growth of water plants. When the algae and seagrasses die, they decay and the bacteria created, depletes oxygen (eutrophication) from the water. This, in turn, may cause the death of many fish, crabs, oysters, and other aquatic animals. An example of eutrophication are the large fish kills that occur from time to time in various water bodies around the world.

Where are these “nutrients” coming from?

- ★ Increased living in coastal areas
- ★ Wastewater treatment facilities
- ★ Runoff from land in urban areas during rain (discharge of fertilizers, sewage, or detergents which contain high levels of phosphates)
- ★ Industrial farming – manure, waste “lagoons” that eventually leak into the water system

There are a few things we can do to help.

- ⇒ Using no-phosphorus fertilizers on lawns and gardens. Looking at the package, the phosphorus number is in the middle (i.e. 22-0-15).
- ⇒ Picking the right time to fertilize (not before a big rain storm) and not using too much that cannot be absorbed into the soil and will run off during the next storm.
- ⇒ Keeping leaves and grass clippings out of the street where it can be washed into the sewers that drain into lakes and rivers.
- ⇒ Buying detergents that are free of phosphates
- ⇒ Planting buffer strips of deep-rooted plants along ditches, streams and lakes to absorb and filter runoff.
- ⇒ Only watering where necessary, preventing excess water flowing away from gardens and reducing sprinkler usage which may create a lot of water runoff
- ⇒ **And by spreading the word. Awareness is the first step.**

To find out more on what you can do, go to <https://www.epa.gov/nutrientpollution/what-you-can-do>



True or False? Certain oils are “heart-healthy”

This may come as a surprise but the correct response is false. NO Oil is healthy. I did not believe it either...at first. Oil, especially Olive, has always been promoted as protecting us from certain diseases. After all, it's part of the Mediterranean diet which is associated with heart-health and an array of other benefits. Articles usually just debate what kind to get (Regular, Virgin or Extra Virgin)*.

I was raised in a very Italian household where everything, I mean EVERYTHING, had oil on it, in it or around it (sometimes all three! YIKES!) As an adult, I continually read that oil provided a great source of “good fats” which we “needed” in our diet. Guess what? They lied! Here are some hard facts:

- ♥ Oil is jam-packed with calories, ALL from FAT
- ♥ Coconut oil is 90% saturated fat; lard is 40% saturated fat
- ♥ One tablespoon of oil has 120 calories and 14 grams of fat (I'm sure I used much more than that with every dish)
- ♥ Oil slows blood flow, depresses the immune system, accumulates inside arteries, damages blood vessels and contributes to insulin resistance (which increases one risk of getting Type 2 Diabetes). Within hours of ingesting oil—olive, corn, palm, etc.—arteries stiffen and their ability to dilate is impaired.

**Note:* On the surface, the articles look unbiased. But when you dig deeper, many times the author is connected to an organization that promoted and sold olive oil.

But Don't We NEED Fats?

We need two types which cannot be made by our body, therefore must come from our food. That is Omega-3 and Omega-6, both contribute to brain function. Omega-3 are also thought to reduce inflammation and the risk of cardiovascular disease.

The amount needed daily, according to The National Academy of Sciences, is 1/4 of a teaspoon for women and 1/3 of a teaspoon for men. That's about 1-3% of your calorie intake and can easily be achieved on a whole food plant-based diet, without oils.

Olive oil is promoted as being an excellent way to get our essential fatty acids. However, because olive oil is mainly comprised of monounsaturated fats, you'd have to drink one cup of the stuff a day to get the Omega-3 required! That's 1,900 calories and 30 grams of fat! Easier and healthier way to get your omega-3 fatty acid would be to add 1-2 tablespoons of flaxseeds—not flaxseed oil—to your diet.

There is also argument that olive oil is healthy because it contains polyphenols. Yes olive oil does contain these antioxidants, but so do fruits and vegetables, which also offer a TON of other nutrients NOT found in olive oil, or any oil for that matter. Example: You can get as many polyphenols in 4 lettuce leaves (12 calories) as you'd get from 1 tablespoon of olive oil, plus 120 calories.

You would be better off eating the olive instead:

	Calories	Grams of Fat
100 grams of whole olives (just under a cup)	115	11
100 grams of olive oil (about 8 tablespoons)	884	100



Email me if you are interested in learning how to cook without oil.

Resource: nutritionstudies.org; UC Davis Integrative Medicine



Steps To Help Promote Cancer-Safe Grilling

What seems to naturally go together with summer time and pool side fun? Back yard grilling of course! With the July 4th weekend upon us, I just wanted to remind everyone to be cautious when grilling meat. Cooking meat at high temperatures, such as in grilling, causes the formation of two types of cancer-promoting substances: HCAs (heterocyclic amines) and PAHs (polycyclic aromatic hydrocarbons).

Grilling (broiling) and barbecuing (charbroiling) meat, fish, or other foods with intense heat leads to the formation of these potential carcinogens. The PAHs are found in the flames that can adhere to the surface of food. HCAs form in meat because of the way its protein reacts to the grill heat. This could actually lead to changes in DNA which may lead to cancer development.

Here are some easy things to keep in mind to help reduce the risks when grilling this summer.

Tips offered by the American Institute for Cancer Research.

1. **Marinate:** Studies suggest that if you marinate your meat prior to grilling it could decrease the formation of HCAs.
2. **Pre-cook:** When grilling larger cuts, you can reduce the exposure time to the flame by partially cooking it (on stove top or oven).
3. **Go Lean:** Trimming of the fat around the edges of meat will reduce flare-ups and potential charring. Cook your meat in the center of the grill and make sure to flip frequently.
4. **Mix it up:** Cut meat into smaller portions and mix them with vegetables to shorten cooking time.
5. **Go Green:** Why not cut down on the meat and grill more fruits and vegetables. They do not produce HCAs.

Protecting yourself and your family from food-borne germs: Quick Reminder

Separate While Shopping: In the grocery store, pick up any animal products right before checkout. Keep meats, poultry and seafood in plastic bags away from the rest of your food.

Keep meats, poultry and seafood **cold until ready to grill**. If transporting, keep below 40 degrees Fahrenheit.

Wash your hands with soap before and after handling raw meat, poultry and seafood since germs on your hands can be transferred to the food.

Don't cross-contaminate. Throw out marinades and sauces that come in contact with raw meat juices.

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs.

Resources: AICR.org, CDC

Temperature Guide

- 145°F – whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)
- 145°F – fish
- 160°F – hamburgers and other ground beef
- 165°F – all poultry and pre-cooked meats, like hot dogs



QUINOA TABBOULEH SUMMER SALAD RECIPE



Chock full of fresh veggies, so easy to pull together, oil free, and chickpeas for protein, makes this a great addition to any summer time event or weekend dinner. If you want, roast the chickpeas to give your salad that extra crunch!

Prep Time: 15 minutes

Cook Time: 5 minutes

Total Time: 20 minutes

Yield: 3 - 4 servings

Ingredients:

- * 2 red tomatoes, chopped
- * 2 small Persian cucumbers, chopped
- * half of a red onion, chopped
- * a handful of cilantro, roughly chopped
- * 2 green onions, minced
- * 1 can of cooked chickpeas (garbanzo beans)
- * 2 cups of cooked quinoa (1 cup dry quinoa + 1 1/4 cup water)
- * 1 to 2 cups or more of mixed greens for the base – **optional**
- * one small mango chopped – **optional**
- * On top, drizzle some *Oil free golden turmeric dressing* or the *Cilantro garlic sauce* or if you're a hurry just **throw some lime juice** on top! Dressing recipes included.
- * pinch of himalayan salt and black pepper to taste

Directions:

1. **Add 2 cups of cooked quinoa** to a mixing bowl (for best result let quinoa cool down a bit if still warm before mixing veggies in).
2. **Add the garbanzo beans**, chopped mangoes if using, and the mixed chopped vegetables (except the optional mixed greens), to the mixing bowl and gently fold in, mixing it all in with the quinoa. Add the pinch of salt and black pepper to taste.
3. **Tabbouleh is traditionally served cold**, so you can go ahead and place the mixing bowl in the fridge for a few hours if you want it cold... or you can serve right away at room temperature. Both ways are great in my opinion!
4. **When ready to serve** – serve tabbouleh on top of mixed greens and drizzle some either dressing. You can also skip the dressings and just throw lime juice on top for a quicker alternative. Enjoy!

Note:

- * You can use a mix of red and white quinoa
- * This is a great salad to clean out the fridge with – find whatever extra veggies you have laying around in the fridge and use them up in this salad before they spoil!
- * If you don't have the extra time to make the oil free golden turmeric salad dressing, feel free to use any salad dressing that you have on hand, or you can use the juice of a lime as well for added flavor!
- * This salad is best enjoyed fresh and the day of, but leftovers will last for about a day or two.



OIL FREE GOLDEN TURMERIC SALAD DRESSING



Turmeric is so potent that all you need is a quarter teaspoon (1/4) a day to reap it's many benefits! So basically by using this dressing on your salads, not only are you enjoy good tasting food, but also good-for-your-health food, too!

Prep Time: 5 minutes
Cook Time: 2 minutes
Total Time: 7 minutes
Yield: 1/2 cup of dressing
Servings: 2

Ingredients:

- * 1/2 cup (69g) of hemp seeds
- * 1/2 of one lemon including the fiber, peeled (51g), or 1 tablespoon (9g) of lemon juice*
- * 2 teaspoons (10g) of agave
- * 1 garlic clove (around 6g)
- * 1/4 teaspoon (1g) of turmeric powder
- * 1/8 teaspoon (2g) of onion powder
- * 1/4 teaspoon (4g) himalayan salt



Directions:

Add all ingredients to a high speed blender and blend until smooth and creamy.
 Use as a dressing on top of your favorite salads

THE ULTIMATE GREEN CILANTRO GARLIC SAUCE

- * **Prep Time:** 10 minutes
- * **Total Time:** 10 minutes
- * **Yield:** 2 cups of sauce



Ingredients:

- * 1 cup of cashews (soaked overnight or at least 20 minutes)
- * 1/2 cup of chopped cilantro including the stems (so much flavor in the stems!)
- * 1/4 cup of hemp seeds (optional)
- * 2 to 3 cloves of garlic
- * The juice of 1 lemon (about 2 tbsp)
- * 1/4 cup of chopped red onion
- * 1 to 1.5 cups of water (always add less first until you reach your desired consistency)
- * A dash of cayenne pepper

One Step Direction:

Add all ingredients to a high powered blender and blend until smooth consistency. Begin by adding 1 cup of water and add more as needed

Recipes from: Sprouting Zen.com

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