

Targeting Wellness Newsletter

July 2022

Good News for Good Health!

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

Quotes For Summer



“Deep summer is when laziness finds respectability.”

— **Sam Keen**



“The summer night is like a perfection of thought.”

— **Wallace Stevens**

In this issue

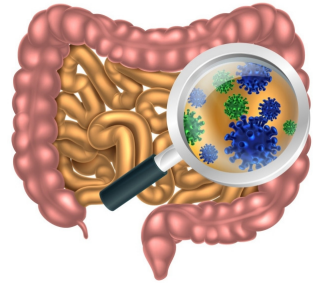
1. Our Gut Health Plays a Critical Role in Overall Wellbeing
2. What is Dysbiosis and How Can It Cause Chronic Disease?
3. Ways to Improve Gut Health
4. Give Yourself A Break For The Health of It
5. Fermented Foods and Probiotics For Gut Health
6. Recipe #1: Healthy Breakfast BLT
7. Recipe #2: South-western Pasta Salad

Our Gut Health Plays A Critical Role In Our Overall Wellbeing

What is Gut Microbiome?

When you hear the word “bacteria”, the typical person would think it is something we need to avoid. The truth is our body’s are already loaded with trillions of bacteria, fungi and even viruses that collectively known as the microbiome. They work together aiding in food digestion and play a vital role in our health. There are upwards of 1,000 different species of bacteria living in our gut microbiome. Actually there are more bacterial cells than there are human cells (roughly 40 trillion bacterial cells to 30 trillion human cells)!

More and more research shows that the diversity of our gut microbiome is associated with either hindering or promoting diseases such as diabetes, obesity, heart disease, as well as depression and plays a critical role in the strength of our immune system. They can weigh upwards of 2-5 pounds (weight of your brain) and together function like an extra organ that needs to be taken care of like the rest of your bodily organs.



Your microbiome is as unique as your fingerprint. Your first exposure to microbes is during birth as you pass through your mother’s birth canal. This becomes your starting point. Then as you grow, your diet and your lifestyle play a key role in the diversity of the bacteria.

What is Gut Dysbiosis?

The trillions of bacteria strains in our gut are predominantly “commensal” meaning they are good for us and can co-exist in harmony with our bodies. However, when there is an imbalance of friendly bacteria to harmful strains and pathogens, we have what is referred to as **dysbiosis**. It normally occurs in the GI tract which often leads to inflation of the gut lining causing it to become permeable or “leaky”, permitting infections to cross into the blood. Dysbiosis is often due to one or a combination of the following:

- Antibiotics and antibacterial medications
- Changes in our diet such as increased consumption of sugars, refined starch and processed foods & food additives
- Traces of harmful chemicals and toxins in our foods, such as pesticides on unwashed fruit, veggies and cereal
- Excessive alcohol consumption
- Poor dental hygiene
- High levels of stress, anxiety or depression which affects the immune system

How You Tell If You Have Dysbiosis

The effects of dysbiosis can range from mild to more severe depending on the imbalance of bacterial species and the length of time the dysbiosis has occurred.

- Digestive problems, including cramps, constipation &/ diarrhea
- Difficulty urinating
- Acid reflux or heart burn
- Vaginal or rectal infections or itching
- Food intolerance, gas and bloating
- Inflammation, aching joints
- Acne, skin rashes, and psoriasis
- Chronic fatigue
- ADHD or issues with concentration
- Anxiety or depression

If you have been on a prolonged course of antibiotics in the recent past, a prior diagnosis of Irritable Bowel Syndrome (IBS) or a history of “stomach bugs”, gastroenteritis, and/or food poisoning you may suffer from gut dysbiosis and should seek advice from your doctor

Dysbiosis Can Cause Chronic Disease

Type 1:

Interestingly, gut microbiome can affect the risk of Type 1 diabetes too. A recent study of infants with a high risk of developing type 1, found that the diversity of the microbiome dropped suddenly before the onset. Also the level of unhealthy bacterial species increased just before the onset. (Source: healthline)

Obesity, Type 2 Diabetes, Heart Disease:

- Gut bacteria affects your metabolism.
- Determines calories and nutrients absorbed from the food you eat.
- Too much can lead to fat deposits causing metabolic syndrome*.

Note *: metabolic syndrome—a cluster of conditions that together raise one's risk of coronary heart disease, diabetes, stroke and other serious health problems. You may have it if you have three or more of the following conditions:

- A large waistline
- High blood pressure
- High blood sugar levels
- High blood triglycerides
- Low HDL cholesterol

Source: NIH

Inflammatory bowel diseases or leaky gut:

It is believed that people with these disease have lower levels of certain anti-inflammatory bacteria.

Not clear but some bacteria may cause the body to attack its intestines and cause infections to leak through the walls into the blood.

Anxiety, Depression, Autism:

Certain bacteria species help produce chemicals in the brain called neurotransmitters. For instance, serotonin, which is an antidepressant neurotransmitter, is mostly produced in the gut.

The gut is physically connected to the brain through millions of nerves which also influences the messages sent to the brain through these nerves.

Rheumatoid Arthritis:

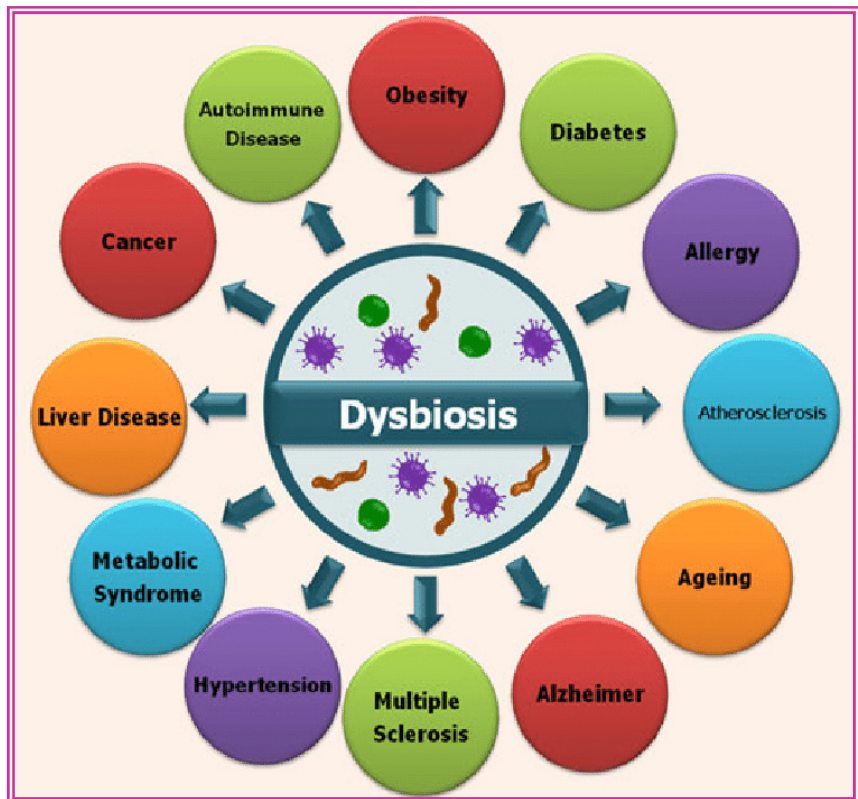
It's thought that people with rheumatoid arthritis may have greater amounts of bacteria linked to inflammation.

Skin Conditions:

The microbiome plays an important role in the potential development of skin diseases. This is due to the alteration in the immune system promoting the development of such conditions as atopic dermatitis, psoriasis, acne, dandruff and even skin cancer.

Other Conditions:

Parkinson's and MS; Colon or rectal cancers, liver disease, and the most known, Colitis



Ways to Improve Gut Health

(Resource: WebMD)

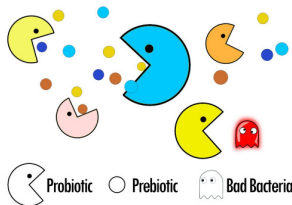
One easy way to start is to take a look at the food you eat. Not always the easiest thing to change, I know.

- The more **diverse** your microbiota (or microbiome) the healthier it is. Different bacteria need different foods to thrive.
- Eat lots of **whole food** (vegetables, legumes, beans and fruit) contrary to what many of the current fad diets recommend for quick weight loss. The key component here is **fiber**! A “western” diet high in fat and sugar and low in fiber can kill certain types of gut bacteria, making your microbiota less diverse, leaving it to work against you rather than for you.
- **Limit use of antibiotics** (unless deemed necessary by your doctor) because they can also wipe out healthy bacteria along with problematic bacteria.

Microbiota Therapy Through Prebiotics and Probiotics: What is the difference?

Typically two families of bacteria are being referred to when one talks about probiotic bacteria:

- *Lactobacillus* and *Bifidobacterium* both associated with probiotic formulas.



PROBIOTICS vs PREBIOTICS

Beneficial live bacteria to promote healthy digestive health

Where are they found?

- 1 Yogurt
- 2 Sauerkraut
- 3 Kefir
- 4 Pickles
- 5 Kimchi
- 6 Tempeh
- 7 Supplements

Food to promote growth of health bacteria

Where are they found?

- 1 Banana
- 2 Onion
- 3 Artichoke
- 4 Garlic
- 5 Oatmeal
- 6 Honey
- 7 Asparagus

They are food for probiotics to help them grow. All prebiotics are a type of fiber. The fiber insulin found in chicory root, bananas and asparagus is a prebiotic that fuels gut bacteria.

Other prebiotic foods: onions, garlic, artichokes, and legumes.

Prebiotics by themselves have not been found to be of much use. They need to be combined with a probiotic.

Although there can be benefits to supplementing gut bacteria, there are some risks and side effects to watch out for.

- Generally safe, however, there are rare instances where a healthy person becomes sick after ingesting certain types of bacteria contained in probiotics (source: CDC).
- When starting a combo of prebiotics and probiotics (known as synbiotic) common side effects include: gas, constipation, loose stool, bloating, acid reflux and loss of appetite.
- Stop using any probiotic if you develop hives or experience extreme stomach pain
- If lactose intolerant, be sure to look for dairy-free probiotics
- If you have a yeast overgrowth, stay away from the ingredient *Candida*

Resource: healthline.com

Fiber: critical for gut health

- Feeds the good bacteria
- Only 5% of Americans get the recommended fiber they need per day:
 - Adult men: 34g/day
 - Adult women: 28g/day
- The most crucial ingredient for gut health
- Two types: soluble & insoluble



Soluble

helps lower blood glucose levels and LDL cholesterol

Insoluble

offers more of a cleansing effect on your digestive system

If you are experiencing any gut conditions, always consult with your doctor...do not self-diagnosis.

Give Yourself a Break... For The Health Of It

How many of you take your allocated breaks throughout the workday? For that matter, how many of you actually take your lunch...not eating in front of your computer? What if you could re-energize, ease stress, and boost your willpower in just 10 minutes, would you do it? Studies have shown that just by taking a break, you can improve your overall well-being! A rested mind is actually more likely to conform to healthy habits. If you struggle with weight or stress management, take note...are you bypassing your breaks in order to get more done? This method may be backfiring in more ways than one. Stop what you are doing, turn off your phone and make a conscious effort to make this happen. Here are a few ways to do that:

Go ahead and try it. Taking breaks is useful, not wasteful.

When you return to what you were doing, you'll be more refreshed and ready to dig in. Better focus and attention will lead to better results, too.

Estimate your own battery life. When you schedule your day, consider when your body and brain will need a reboot. Say you're working on a big project. Schedule a break for every 2 hours of focused attention. More frequent mini-breaks may be even better. Do you tend to get sleepy around 3pm? Plan to take a short walk around your building, step outside and takes a few deep breaths or do a few stretches...you'll feel invigorated!

Cut the cord. Constantly checking email after you leave the office? How about when you're on vacation? A recent survey revealed that 23% of Americans check email or voice mail while on vacation.

Letting work interrupt your personal time isn't good for your emotional health or your personal relationships. Take time to separate from the office and relax. If you absolutely must check your emails while away because of your title, try to allocate a specific time during your day or week to do so...give yourself a set time to connect but then allow yourself the rest of time for you and your family!

Get away, often. It's a fact: People who take vacations have lower stress, less risk of heart disease, a better outlook on life, and more motivation to achieve goals.

It doesn't have to be 2 weeks in Europe, either. Just 24 hours away, and you'll reap the benefits.

Even better, the biggest boost in happiness comes from planning the vacation. You can feel the effects up to 8 weeks before your trip. And when you're done with that retreat, start planning the next one. Simply having something to look forward to can be rewarding.

Are you vacation deprived?

How many of you have allowed time off to either roll over until the next year or worse yet, lose them? Why? Do you feel you don't deserve to take a vacation that no doubt you worked hard to earn? Doesn't your family and YOU deserve some R&R to re-energize?

The top three reasons why survey respondents did not fully use vacation days were as follows:

- They needed to schedule vacation time in advance (14%)
- They were too busy at work to get away (11%)
- They got money back for unused vacation days (10%)

Is getting that money back worth the negative effects you are putting on your health (which could cost you those dollars plus more in a few years due to the stress and burnout from NOT taking vacation.) Do you get the picture?

Regarding being too busy or feeling you'll only come back to an avalanche of work that will take weeks to catch up on, I read an article from the Harvard Business Review that had a few good tips that might help you. Consider sharing these with your supervisor when you plan your next vacation:

- Schedule an extra day or half day to catch up. Leave your "back up" person covering for you while you go through your emails and voice messages. Set your Out of Office reply on for that time.
- If possible, work from home the first day back to assist with overcoming jet lag or tackling mountains of laundry.

Vacations are a great way to increase your creativity and promotes insight which may help with a new project upon your return.

Managers reading this newsletter, please try and encourage your team to use the time coming to them. If you do support it but many are still not taking the time, find out why. This should throw up a flag of concern because a well-rested employee is a healthier employee who will be able to bring their best to the workplace. In the end, everyone benefits!

Vacations are good for your people, for your team, and for your organization. But somehow vacations have become counter-cultural within our hyper-busy workplaces. As manager or supervisor, you have a opportunity to reverse this disturbing trend before it does real damage to your business and your people.

**Not exactly
what I had
in mind!**



"Good news — we created an app that allows you to go on vacation without actually leaving the office!"

Resource: [WebMD](#) and Harvard Business Review



Fermented Foods and Probiotics for Gut Health

We are all well aware of how important our gut health is when it comes to our overall well-being. No doubt it's safe to say that we have each experienced "gut issues" from time to time and how uncomfortable that can be. Imagine having "gut issues" 24/7! When our gut bacteria is off-balanced (dysbiosis) with more of the "bad" bacteria verses the "good", our health can be in jeopardy. There are two ways to get more of the good bacteria into our system and that is either through fermented foods or supplements. The most natural source of probiotics is through the consumption of fermented foods. However, over the counter supplements have become very popular and may be recommended by your doctor. Please keep this in mind: these supplements are not recommended for everyday use and they are not regulated by the FDA. It's important that this be addressed with your doctor.

Why fermented foods?

This is one of the oldest techniques for preserving food. When fermented, food goes through a process called lactofermentation where natural bacteria feed on the sugar and starch in the food. This creates lactic acid. In such an environment, the food is preserved and it promotes the growth of beneficial enzymes, B vitamins, and omega-3 fatty acids along with various species of good bacteria.

Basically fermentation is taking one type of food and turning it into another, such as cabbage becoming sauerkraut or kimchi, cucumbers becoming pickles, soybeans becoming miso and milk becoming yogurt, cheeses and sour cream.

But not all fermented foods (or beverages) contain probiotics. For instance, beer and wine (sorry, wishful thinking L) which undergoes a step that removes the probiotics. Some baked and canned foods undergo a step that makes the probiotic inactive.

Some fermented foods are avoided because they taste or smell very strong and can be unpleasant. Find something that you like or at least learn to tolerate it a little at a time until you acquire a taste for it.

Incorporating fermented foods into your diet is really essential for keeping your gut healthy and in turn positively impacting your mood and preventing the onset of neurodegenerative diseases such as Alzheimer's and Parkinson's.

Check the labels to be sure it states they are naturally fermented or contain live cultures (as in the case of yogurts).

Here are some other probiotic-rich foods that aren't yogurt!



Tempeh—a common meat-substitute in plant based diets. It is made from cooked and fermented soybeans that is formed into a dense flat "cake" that can be marinated for sautéing (stir fry) or grilling. Nutty flavor, chewy texture. Only 200 calories per serving with 42% of the daily value of protein. Rich in potassium, iron, and magnesium and contains all 9 amino acids, making it a complete plant protein source.

Miso—the umami flavor experienced in miso soup is from the miso paste. The paste is fermented either from barley, soybeans or rice. It is an excellent naturally-occurring dietary source of good gut bacteria. Typically used in soups and salads, but also used in seafood and meat marinades.

Kombucha—is an effervescent tea made by fermenting either black or green tea with a "symbiotic culture of yeast and bacteria" (referred to as SCOBY). It has a tangy taste similar to vinegar, which many being sold in a variety of herbal and fruit flavors. Check the label as they can be VERY high in added sugar. You can make this at home as long as you are using a healthy SCOBY component. I have never done this so please do your research if you want to attempt to make it yourself.



SCOBY—rubbery disc (or "mother") made up of cultures of bacteria and yeast used to brew kombucha, a process similar to making vinegar.

Kimchi—is a Korean side dish that is made from fermented vegetables, mostly cabbage. It contains several spices and herbs and is kept in an airtight container for a few days up to a week. It has a pungent aroma, is spicy and is rich in probiotics.



Sauerkraut—is the European version of kimchi and is made from dry curing cabbage with salt. The canned sauerkraut you buy in the store many times is pickled by using vinegar. This does not offer the same gut healthy benefits as the dry-cured version.

Pickles—the same holds true with pickles. When vinegar is used, the probiotics are killed. Therefore, if you are looking to get the benefits, get the kind soaked in a saltwater brine which allows the growth of the beneficial microorganisms during fermentation.

Healthy Breakfast BLT



Do you like bacon? (WHAT? Are you kidding...of course!!) Don't get too excited...this isn't a promotion for bacon. On the contrary, I wanted to share a recipe you might want to try in place of bacon. This recipe is for those who like bacon but don't want all the harmful consequences. As your Wellness Director (and an advocate of more plant eating) ☺, it would be remorseful of me to miss the opportunity to remind you that bacon is not all that good for us. Actually, it has been labeled a carcinogen meaning it promotes cancer, among other things. I know, every party has a pooper! LOL

However, here is a way to get a bacon-like taste without the harmful side effects while getting the benefits of a probiotic AND prebiotic! To ensure smoky, salty, sweet flavor, this recipe calls for infusing the tempeh with lots of tamari, liquid smoke, black pepper, maple syrup, and a dash of cayenne for a bit of heat. Once baked, you have tender bacon strips with crisp edges and major flavor ready for brunch, sandwiches, and beyond!

Ingredients

- 8 ounces tempeh (ensure gluten-free as needed)
- 1 Tbsp oil (avocado oil // if oil-free, omit or add slightly more tamari and maple syrup)
- 3 Tbsp tamari (or coconut aminos if soy-free, just use a bit more as it's not as salty as tamari)
- 2 ½ Tbsp maple syrup
- 1 healthy pinch sea salt
- 1 ½ tsp liquid smoke
- 1 ½ tsp smoked paprika
- 1/2 tsp ground black pepper (plus more for coating)
- 1 dash cayenne (**optional** // omit for less heat)

Author: Minimalist Baker



Instructions

1. Slice the tempeh in half widthwise (so you have 2 even squares), then thinly slice each square in thirds so you have six very thin squares (it's easiest to do this by placing the tempeh flat on your cutting board and holding the knife horizontally for an even cut). Then slice each square into three rectangular strips. You should have ~18 pieces of tempeh (as the original recipe is written).
2. In a shallow bowl, rimmed plate, or baking dish, whisk together the oil, tamari, maple syrup, salt, liquid smoke, smoked paprika, black pepper, and cayenne (optional). Taste and adjust flavor as needed. It should be quite salty, smoky, a little spicy, and plenty sweet (even a little too sweet, as it needs to balance the bitterness of the tempeh).
3. Add the tempeh and toss to coat (using a pastry brush is helpful for fully coating). Marinate for 10-15 minutes, flipping once for even flavor dispersion.
4. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
5. Transfer tempeh (**reserving excess marinade for brushing**) to the parchment-lined baking sheet and arrange in a single layer.
6. Bake for 10 minutes, then remove from the oven, flip, and **brush generously with reserved marinade**. Bake for 8-10 minutes more, or until browned and slightly crispy.
7. Enjoy immediately or store cooled leftovers in an airtight container in the refrigerator for 5 days, or in the freezer for up to 2 months. Reheat in a 350°F (176°C) oven or on the stovetop over medium heat until hot.



Nutrition (1 of 6 servings)

*Nutrition information is a rough estimate calculated with avocado oil and without optional ingredients.

Serving: 1 three-slice serving **Calories:** 112 **Carbohydrates:** 11 g **Protein:** 8.2 g **Fat:** 4.3 g
Saturated Fat: 0.7 g **Polyunsaturated Fat:** 1.2 g **Monounsaturated Fat:** 2.1 g **Trans Fat:** 0 g
Cholesterol: 0 mg **Sodium:** 520 mg **Potassium:** 165 mg **Fiber:** 3.3 g **Sugar:** 5.1 g
Vitamin A: 201 IU **Vitamin C:** 0 mg **Calcium:** 28.1 mg **Iron:** 1.1 mg

Southwestern Pasta Salad



This Southwestern Pasta salad with avocado, black beans, and lime dressing sounded delicious and easy to make for a 4th of July or anytime barbeque! If you make it, let me know what you think.

Author: Vegan Heaven

For the vegan Southwestern pasta salad:

- 12 oz farfalle pasta
- 1 heaped cup black beans (canned, drained)
- 1 1/2 cups corn
- 2 cups cherry tomatoes, cut into halves
- 1 orange bell pepper, cut into stripes
- 1 avocado, cut into medium-sized chunks
- 3 green onions, cut into rings
- 1/2 cup fresh cilantro, chopped (optional)

For the lime dressing:

- 1 tablespoon fresh lime juice
- 2 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1 teaspoon paprika powder
- 1 tablespoon white wine vinegar
- 1 splash agave
- 1 tablespoon water
- 1-2 cloves of garlic, minced
- black pepper
- salt



Instructions:

Cook the pasta according to the instructions on the package. Once cooked, rinse with cold water and set aside.

In a large bowl, combine all ingredients for the dressing. Add the ingredients for the pasta salad and stir well. Let the salad sit in the fridge for a couple of hours. Enjoy!

Nutrition (4 servings)

Calories: 556kcal | Carbohydrates: 94g | Protein: 18g | Fat: 14g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 8g | Sodium: 842mg | Potassium: 814mg | Fiber: 13g | Sugar: 6g | Vitamin A: 3450IU | Vitamin C: 113.9mg | Calcium: 80mg | Iron: 5.4mg

TARGETING WELLNESS, LLC
Debby Schiffer, NBHWC

Wellness Director for BURLCO & TRICO JIF
E-mail: debby_schiffer@targetingwellness.com

Office: 856-322-1220

Cell: 856-520-9908



Have a safe 4th of July and a wonderful summer!