



RECIPE FOR Wellness NEWSLETTER

LIFESTYLE

Studies have concluded that time outside improves brain function, creativity, memory, blood pressure and reduces depression. Taking breaks throughout the school or work day to get outside is critical to success. In fact, children’s emotional well-being relies on time spent outdoors. Unfortunately, recess time has been reduced nationwide, even as the rates of ADHD, depression and obesity are climbing. Children, on average, spend half the time outside that their parents’ generation did.

Hardly a New Concept - Aethena Enzer-Mahler, a child therapist in private practice, consults with schools about social behavior needs, and emphasizes the importance of time spent in nature. “There’s a really clear overlap between being outside and that part of your brain that develops through unstructured play,” Enzer-Mahler says. “There’s the opportunity to climb a tree, which utilizes executive functioning skills like motor planning, organizing, managing the physical, managing fear, concentrating and ultimately using the skills we really want kids to naturally have when they sit and concentrate in a classroom and do schoolwork.”



“In schools, we start asking kids to sit for most of the day when they’re six, which is not appropriate for that age,” Enzer-Mahler continues. “They should still be moving more than they’re sitting for the sake of cognitive and social development. Schools should have recess multiple times a day. But you can’t test a kid on how much they’ve learned at recess.” Schools might be limited in what they can do to help children get outdoors, but what you can do is to start taking steps at home to give your children more time in the outdoors, while they—and you—reap the benefits. No test required.

Make a Schedule - The National Wildlife Federation created a Green Hour Program designed to help parents, caregivers, schools and camps ensure an hour of outside time every day for every child. This can be as simple as scheduling activities as soon as a young person returns from school or finishes breakfast on a weekend. Their website is www.NWF.org/Kids-And-Family/Connecting-Kids-And-Nature and has a lot of useful suggestions.

One of the NWF’s suggestions is to rethink the toys children are given, and make sure what gets wrapped up for holidays or birthdays is something meant to be enjoyed outside. A bicycle, a sand table, a kit for building bird or bat houses, a fairy garden, play camping equipment, all-terrain remote-control toys or cars, a magnifying glass, or outdoor explorer books are all great ideas for gifts that kids will want to use outside. If one hour of time outside comes with the ability to use one of these gadgets, children are less likely to moan and groan about missing a television show, and more likely to be excited about spending more time in nature. And don’t underestimate the benefits of unstructured time as it’s been shown to be integral to a healthy overall lifestyle. Just finding a local nature trail to explore is a great start.

Adapted from motherearthliving.com

DID YOU KNOW?

Most people know that avocados provide healthful fats for great skin, but did you know that one of the main reasons avocados boost skin health is that they boost the body’s absorption of carotenoids, which are a type of antioxidant and essential for healthy skin?

By eating avocados alongside foods with carotenoids, you can increase the amount of those nutrients you absorb. That means extra skin health benefits for adding avocado to your leafy green salad or those sweet potatoes you’re eating.

Avocados are delicious in guacamole, but don’t let your avocado recipe repertoire stop there. Add avocado to your smoothies, salads, dips, sandwiches, and wraps, and top thick soups with avocado slices. And, of course, there’s the classic favorite: avocado toast. Blend avocado with cocoa and a sweetener of your choice for a delicious and healthy chocolate mouse.

Avocados can also be added to other desserts as a cake ingredient (replacing some of the oil or butter in a recipe), or a frosting for cakes, cookies or cupcakes (simply blend avocado, some icing sugar and cocoa or other flavoring).

Adapted from motherearthliving.com

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FAMILY TIME



To help return kids to more natural, healthy routines, a growing number of parents, educators, and therapists are revisiting the value of children spending time outside on a daily basis. Nowhere is that effort more apparent than in the 1000 Hours Outside movement, which seeks to get kids outside for an average of 20 hours each week—or close to three hours daily.

Is that even possible when we schedule extracurricular activities, tutors, and parents work multiple jobs and suffer long commutes? Some families think so, and say it might be time for you to think so, too. Consider this: in 2018, the American Heart Association estimated that children were spending more than seven hours a day looking at screens, an equivalent to about 2,500 hours a year. If that many hours are available for screen time, surely we can figure out a way to allocate some time for outdoor play.

Breaking Down the Numbers: One thousand hours of outdoor time each year sounds daunting, and it's a challenge in today's world of technology. However, looking at the numbers a little differently can help put the goal into perspective and break it down into manageable pieces across the year, so you can plan your outdoor time accordingly.

1,000 Hours in One Year Is: About 84 hours each month or about 20 hours each week or about 3 hours each day. You can choose how to structure 1,000 hours across a year, sometimes dividing those hours into different chunks of time. For example, some people may find thinking about a daily allotment is easier than a weekly or monthly allotment; or, during some months, thinking in monthly terms is easier than weekly or daily. Here are some examples of what each portion of time could look like.

Daily: Have a 30-minute breakfast outside before school and work. After the kids are home, take the family outside for dinner for 30 minutes. And divide the last two hours between work and play. If your kids have homework, encourage them to work on it outside. Or, if it's playtime, take the fun to a local park, neighborhood playground or backyard.

Weekly: Maybe you can only get an hour of daily outdoor activity during the week. During the weekend, that leaves 15 hours. Look up some nature programs that will take up a few hours of time. Or, make a family commitment to have all meals outside during the weekend. Have a weekend trip coming up? Find ways to bring that outdoors.

Monthly: You might find it easiest to take time outside in larger chunks. If you have a vacation coming up, plan to make it outside. Even four days of camping will provide 96 hours of time in nature, more than enough to meet your monthly goal.

Consider This: Many of the activities you and your children already do can easily be moved to the outside world. It just takes a little time and creativity for it to gain momentum. At the Center School's preschool program in Greenfield, Massachusetts, for example, educators have started doing things outside that people typically assume happen indoors, such as eating snacks, reading books, writing or painting. They've even done rest-time outdoors. You can do this, you can make this change for your family—it's just a matter of thinking outside of the box and outside of the house.



Adapted from Mother Earth Living



HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As your Doctor of Chiropractic, I am committed to your family's overall health and wellness. This is why I provide educational and informational recommendations for living.

Flip-Flops

When the weather turns warmer many patients reach for their flip-flops. Easy to slip on and cooler for the feet, this seems like appropriate summer footwear. However, what was originally created to protect you from athlete's foot in public showers or to protect the soles of the feet from hot sand at the beach, flip-flops were never meant to be worn regularly.

Auburn University Study

Research has shown that there are several problems that may develop from the regular use of flip-flops including back and hip pain.

When walking in flip-flops, many will alter their gait, or the way that they walk. This will often result in pain in both the feet, hips and lower back.

Since wearing flip-flops causes shorter steps, the feet tend to hit the ground with less vertical force. The rest of the body then compensates.

No Support

Additionally, the soft padding provides no arch support and can lead to additional gait issues since the foot ends up over-pronating or rolling inward.

Studies have shown that excessive use of flip-flops may result in plantar fasciitis, a painful condition that is typically treated with injections in the feet.

Over-Worked Tendons

Finally, since there's only a v-shaped strap holding the flip-flop to the foot, the toes are gripping the shoe. This makes the muscles and tendons in the foot do all the work, which may potentially lead to tendonitis.



In Summary

If you will be walking or standing for any extended period of time, be sure to wear athletic shoes or a wedge sandal with a thick sole and proper arch support.



Shakshuka

A popular Middle Eastern egg dish.

Ingredients

1/4 cup extra-virgin olive oil or coconut oil
1 red onion, finely chopped
4 cloves garlic, minced
1 cup finely minced mushrooms
2 cups cauliflower rice
2 Tbsp minced fresh rosemary
1 Tbsp minced fresh thyme
1 tsp sea salt
1/2 tsp paprika
1/2 tsp dried basil
1/4 tsp cinnamon
4 cups peeled, seeded, chopped Italian canned tomatoes
1 Tbsp natural cocoa powder
8 large omega-3 eggs
Grated Parmigiano-Reggiano, for serving (optional)

TO PREPARE: Using an Instant Pot, sauté the onion in the oil until tender. Add the garlic, mushrooms, cauliflower rice, rosemary, thyme, salt, paprika, basil and cinnamon and continue to sauté until all the vegetables are tender and the mixture is very fragrant (it should start to smell a little like meat sauce). Then add the tomatoes and cocoa powder and stir. Lock the lid, and cook on high pressure for 25 minutes.

Release the pressure with a quick release, and using an immersion blender (or a regular blender) puree the tomato sauce. Carefully crack the eggs into the blended sauce—avoid breaking the yolks. Lock the lid on your Instant Pot, and cook on low pressure for 1 minute.

Release the pressure with a quick release, and serve. Garnish with the Parmigiano-Reggiano, if using. It's great as is, or over cauliflower rice.

Source: *The Plant Paradox Family Cookbook* by Steven Gundry, MD

Blueberry “Jell-O”

Unlike artificially colored and flavored box gelatin, this recipe gets its color and flavor from real blueberries.

Ingredients

2 cups water
3 cups blueberries
1/2 cup maple syrup
1/8 cup lemon juice
3 Tbsp gelatin

TO PREPARE: Pour the water and blueberries into a large pot and bring to a boil. Reduce heat and simmer until the berries are tender.

Use an immersion blender (or fork) to mash the blueberries into the water. Strain the mixture to remove blueberry pieces (save for use in other dishes, or compost), and put the liquid back in the pot. Add maple syrup, lemon juice, and gelatin. Mix well with an immersion blender or a spoon.

Pour into a pan or gelatin mold and let cool. Place in the refrigerator for at least 2 hours before serving.

Source: *Mother Earth Living*

Sweet Potato Egg Nest

Kids love these little egg-filled “birds nests”.

Ingredients

100% olive oil or avocado oil cooking spray (used twice)
1 1/2 cups shredded sweet potatoes
1 1/2 cups broccoli slaw
1 tsp sea salt
4 Tbsp tapioca starch, more as needed
1 tsp black pepper
1 tsp garlic powder
7 large omega-3 eggs
1/4 cup basil pesto (optional)
1/4 cup extra-virgin olive oil

TO PREPARE: Preheat oven to 375°F. Line a sheet tray with a Silpat or parchment and spray with oil and set aside.

In a large bowl, combine the sweet potatoes, broccoli slaw and salt then let sit for 5 to 10 minutes to draw out the moisture. Pat the vegetable mixture dry, then transfer to a bowl. Add the tapioca starch, pepper, garlic powder and 1 egg, and stir to combine.

Check the consistency of the mixture—it should be somewhat dry, but cohesive enough to hold together when formed into patties or balls. Divide the mixture into 6 equal-size mounds on the prepared sheet tray, shaping them into “nests” with a hollow in the center. Spray the nests with cooking spray.

Place in the oven and bake for 15 to 20 minutes, until tender. Remove from the oven and brush with the basil pesto, if using. Crack 1 egg into each of the hollows in the “nests” and return to the oven. Bake an additional 5 to 15 minutes, depending on how you like your eggs cooked. Remove from the oven, drizzle with olive oil, and serve.

Source: *The Plant Paradox Family Cookbook* by Steven Gundry, MD





WELLNESS AT BREAKFAST, LUNCH AND DINNER

Braised Chicken with Artichokes

Mediterranean flavors meld together in the Instant Pot.

Ingredients

- 1 1/2 tsp salt, divided
- 1/2 tsp freshly ground pepper
- 1/2 tsp smoked paprika
- 1 pound pasture-raised boneless, skinless chicken thighs cut into bite-size chunks
- 1/4 cup extra-virgin olive oil or coconut oil
- 1 large onion, minced
- 4 cloves garlic, minced
- 1 Tbsp fresh rosemary
- 1 Tbsp fresh thyme
- 1/2 cup dried figs, diced
- 4 cups quartered artichoke hearts (frozen, or canned and rinsed)
- 1 lemon, thinly sliced
- 2 cups chicken broth
- 3 Tbsp tapioca starch (optional)
- 1/4 cup water (optional)

TO PREPARE: Set your Instant Pot to sauté and while it's heating, whisk together 1/2 teaspoon of the salt, the black pepper, and the paprika. Season the chicken liberally with the mixture. Heat the oil in the Instant Pot and add the onion, garlic, rosemary and thyme, and the remaining salt. Cook, stirring frequently, until the onion is tender. Add the chicken, and sear until golden brown on all sides. Then add the figs, artichoke hearts, lemon and broth to your Instant Pot. Lock the lid into place, and cook on high pressure for 7 minutes. Release pressure with a quick release and serve the chicken and artichokes, spooning the sauce over top.

If you would prefer a thicker sauce, switch the pot back to sauté. In a small bowl, whisk together the tapioca starch and water, then add to the pot. Cook, stirring frequently, until the sauce reaches desired consistency. Serve immediately.

Seasonal Fruit Jam

Delicious fruit jam that kids will love but sugar free!

Ingredients

- 2 cups peeled, seeded in-season fruit (small chunks)
- 1 cup Swerve
- 1/2 cup water
- Juice of 1/2 a lemon
- 3 Tbsp tapioca starch
- 2 Tbsp water

TO PREPARE: Add the fruit, Swerve, water and lemon juice to your Instant Pot. Let the mixture rest for 10 minutes to draw the liquid from the fruit. Cook on high pressure for 1 minute, then let it naturally release for 15 minutes and switch to sauté.

In a separate bowl, combine the tapioca starch and water to form a slurry. Remove the lid, it should look soupy inside, and add the slurry. Sauté, stirring and breaking up the fruit, until thickened. Can be stored in the refrigerator in an airtight container for up to 3 weeks.

Almost Classic BBQ Sauce

Healthy option for any barbecue dish.

Ingredients

- 1 Tbsp extra-virgin olive oil or coconut oil
- 1 sweet onion, finely diced
- 1/2 cup Dijon mustard
- 1/2 cup apple cider vinegar
- 3 Tbsp pomegranate molasses
- 1/4 cup ketchup
- 1 tsp turmeric
- 3 cloves garlic, crushed
- 1 Tbsp fresh, grated ginger
- 1 Tbsp coconut aminos, or fish sauce

TO PREPARE: Set your Instant Pot to sauté, and heat the oil. Add the onion, and stir until the onion is caramelized. Then add the mustard, vinegar, molasses, ketchup, turmeric, garlic, ginger, and coconut aminos, and switch to pressure cook. Cook for 10 minutes on high pressure, then manually release the pressure. Switch the pot back to sauté, and simmer for 15 minutes.

If you're a fan of chunky barbecue sauce, use as is, otherwise, you can blend the sauce for 30 seconds until it's smooth. And that's it!



BBQ Pulled Pork

Using pasture-raised pork shoulder or jackfruit for a vegetarian option, this is a great lunch or dinner entrée.

Ingredients

- 1 1/2 pounds pork shoulder or jackfruit with core removed
- 1 tsp sea salt
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp cumin
- 1/4 tsp cinnamon
- 2 large onions thinly sliced
- 3 cups Almost Classic BBQ Sauce (above)

TO PREPARE: Cut the pork shoulder in half, so that it easily fits into your Instant Pot. In a small bowl, combine the salt, paprika, garlic powder, cumin and cinnamon. Rub the pork shoulder with the seasoning mix, and transfer to your Instant Pot, along with the onions and barbecue sauce.

Cook for 45 minutes for pork (6 minutes for jackfruit).

Serve with sides of your choice.

Source for all recipes on this page:
The Plant Paradox Family Cookbook by Steven Gundry, MD