

Baja Fish Tacos

Ingredients

- * Cooking Spray
- * 3/4 Pound Mahi Mahi/Other Firm White Fish Fillets
- * 2 Teaspoons Fajita Seasoning
- * 2 Cups Presliced Green Cabbage (About 6 Ounces)
- * 1 Tablespoon Fresh Lime Juice
- * 1/2 Teaspoon Salt
- * 3 Tablespoons Chopped Fresh Cilantro
- * 8 (6-inch) Corn Tortillas
- * 2 1/2 Tablespoons Reduced-fat Sour Cream, Divided (Optional)
- * 1/2 Avocado, Pitted And Diced
- * Bottled Salsa (or homemade)
- * Lime Wedges

Preparation

1. Lightly Spray Grill Rack With Nonstick Cooking Spray, And Preheat Grill.
2. Sprinkle Both Sides Of Fish With Fajita Seasoning, Gently Pressing Into Flesh. Grill Fish 3-4 Minutes On Each Side Or Until Fish Flakes Easily When Tested With A Fork. Flake Into Pieces With A Fork; Keep Warm.
3. In A Small Bowl, Mix Together Cabbage, Lime Juice, Salt, And Cilantro.
4. Wrap The Tortillas In Paper Towels, And Microwave 1 Minute On High Or Until They're Warm.
5. Place Taco Ingredients On The Table For Assembly. Spread Each Tortilla With 1 Teaspoon Of Sour Cream, If Desired, And Top With Fish, Cabbage Mixture, And Avocado. Serve With Salsa And Lime Wedges On The Side.

Nutritional Information (Per Serving): Calories: 235, Fat: 1g, Protein: 20g, Carbohydrates: 28g, Fiber: 6g, Sodium: 507mg, Calcium: 75mg
<http://www.health.com/health/recipe/0,,10000001208189,00.html>



Soak-The-Day-Away Detoxing Bath

It's cheap, easy, and can be done at home on your own time. The epsom salts (magnesium sulfate) in this stress-relieving bath will draw impurities out of your body and help relax your muscles, while the baking soda neutralizes acids on the skin and dissolves oil and perspiration. The epsom salts also raise the water's specific gravity, making the body more buoyant, which in turn allows you to feel light as you relax. Adding a few drops of your favorite essential oil will enhance your experience and allow you to fully de-stress.

What you need: * 2 cups epsom salts * 2 cups baking soda
* **Optional:** 5-10 drops your favorite essential oil. Try lavender to relax, peppermint to energize or eucalyptus if your immune system is down.

Add ingredients to a full, warm or hot bathtub and soak for 20 minutes. Any easy way to remember this bath is 2-2-20. Two cups epsom salts, plus two cups baking soda for 20 minutes. Dim the lights, light a candle and add some peaceful music or a nature sound track for an even deeper relaxing effect. Take your time to just relax and breathe. Most skin experts say to soak for 20 minutes to allow the epsom salts to pull the toxins from your pores, but not more than 20 minutes as you risk re-absorbing the impurities.

Source: <http://www.mindbodygreen.com/0-8825/soak-the-day-away-detoxifying-bath-recipe.html>



THE SUMMER STAIN REMOVAL GUIDE



BARBECUE SAUCE

Rinse with cold water, then sponge the stain with white vinegar. Rinse, apply detergent to the stain, and let sit for ten minutes before rinsing again. Repeat.



WATERMELON JUICE

Soak the area with cold salt water, then pour boiling water through the fabric. Put detergent directly on the stain and wash.



SWEAT

Drop two aspirin pills in water, let dissolve, and soak the stain in the solution. Launder.



GREASE

Sprinkle cornstarch or Gold Bond powder on the stain, let dry, then brush off. Launder.



KETCHUP

Mix cream-of-tartar powder with lemon juice, apply to the affected area, and launder.



GRASS

Sponge rubbing alcohol on the stain and then wash with detergent.

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*2nd item must be of equal or lesser value



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August 2014
Newsletter

TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.

If you are running on the treadmill next to me, the answer is YES, we are racing!



Russian Twist



Begin on the floor. Elevate your upper body and legs creating a V-shape. While gripping your hands on the ball twist from right to left, holding the position for 2 seconds each side keeping your core engaged.

<http://www.flaviliciousfitness.com/blog/2013/07/30/womens-fitness-tips/>

15 Foods That Help You Stay Hydrated

These high-water-content foods are refreshing, filled with nutrients, and naturally low in calories. **Eat your water** According to the old rule of thumb, you're supposed to drink eight glasses of water per day (and some experts recommend even more). That can seem like a daunting task on some days, but here's the catch: You don't have to *drink* all that water. Roughly 20% of our daily H₂O intake comes from solid foods, especially fruits and vegetables. It's still important to drink plenty of water—especially in the summertime—but you can also quench your thirst with these 15 hugely hydrating foods, all of which are at least 90% water by weight.

Cucumber - Water content: 96.7% - This summer veggie—which has the highest water content of any solid food—is perfect in salads, or sliced up and served with some hummus. **Iceberg lettuce - Water content: 95.6%** - Iceberg lettuce tends to get a bad rap, nutrition-wise. Health experts often recommend shunning it in favor of darker greens like spinach or romaine lettuce, which contain higher amounts of fiber and nutrients such as folate and vitamin K. It's a different story when it comes to water content, though: Crispy iceberg has the highest of any lettuce, followed by butterhead, green leaf, and romaine varieties. **Celery - Water content: 95.4%** - That urban legend about celery having negative calories isn't quite true, but it's pretty close. Like all foods that are high in water, celery has very few calories—just 6 calories per stalk. And its one-two punch of fiber and water helps to fill you up and curb your appetite. **Radishes - Water content: 95.3%** - These refreshing root vegetables should be a fixture in your spring and summer salads. They provide a burst of spicy-sweet flavor—and color!—in a small package, and more importantly they're filled with antioxidants such as catechin (also found in green tea). **Tomatoes - Water content: 94.5%** - Sliced and diced tomatoes will always be a mainstay of salads, sauces, and sandwiches, but don't forget about sweet cherry and grape varieties, which make an excellent hydrating snack. **Green peppers - Water content: 93.9%** - Bell peppers of all shades have a high water content, but green peppers lead the pack, just edging out the red and yellow varieties (which are about 92% water). And contrary to popular belief, green peppers contain just as many antioxidants as their slightly sweeter siblings. **Cauliflower - Water content: 92.1%** - Don't let cauliflower's pale complexion fool you: In addition to having lots of water, these unassuming florets are packed with vitamins and phytonutrients that have been shown to help lower cholesterol and fight cancer, including breast cancer. **Watermelon - Water content: 91.5% water** - It's fairly obvious that watermelon is full of, well, water, but this juicy melon is also among the richest sources of lycopene, a cancer-fighting antioxidant found in red fruits and vegetables. In fact, watermelon contains more lycopene than raw tomatoes—about 12 milligrams per wedge, versus 3 milligrams per medium-sized tomato. **Spinach - Water content: 91.4% water** - Iceberg lettuce may have a higher water content, but spinach is usually a better bet overall. Piling raw spinach leaves on your sandwich or salad provides nearly as much built-in hydration, with an added nutritional punch. **Star fruit - Water content: 91.4% water** - This tropical fruit, also known as *carambola*, comes in sweet and tart varieties and has a juicy texture similar to pineapple. Its eye-catching shape looks great in a fruit salad or as an edible garnish on the rim of a summer cocktail, and as an added bonus it's rich in antioxidants, especially epicatechin—a heart-healthy compound also found in red wine, dark chocolate, and green tea. **Strawberries - Water content: 91.0%** - All berries are good foods for hydration, but juicy red strawberries are easily the best of the bunch. Raspberries and blueberries both hover around 85% water, while blackberries are only slightly better at 88.2%. **Broccoli - Water content: 90.7%** - Like its cousin cauliflower, raw broccoli adds a satisfying crunch to a salad. But its nutritional profile—lots of fiber, potassium, vitamin A, and vitamin C—is slightly more impressive. What's more, broccoli is the only cruciferous vegetable (a category that contains cabbage and kale, in addition to cauliflower) with a significant amount of sulforaphane, a potent compound that boosts the body's protective enzymes and flushes out cancer-causing chemicals. **Grapefruit - Water content: 90.5%** - This juicy, tangy citrus fruit can help lower cholesterol and shrink your waistline, research suggests. In one study, people who ate one grapefruit a day lowered their bad (LDL) cholesterol by 15.5% and their triglycerides by 27%. In another, eating half a grapefruit—roughly 40 calories—before each meal helped dieters lose about three and a half pounds over 12 weeks. Researchers say that compounds in the fruit help fuel fat burn and stabilize blood sugar, therefore helping to reduce cravings. **Baby carrots - Water content: 90.4%** - A carrot's a carrot, right? Not when it comes to water content. As it turns out, the baby-sized carrots that have become a staple in supermarkets and lunchboxes contain more water than full-size carrots (which are merely 88.3% water). **Cantaloupe - Water content: 90.2%** - This succulent melon provides a big nutritional payoff for very few calories. One six-ounce serving—about one-quarter of a melon—contains just 50 calories but delivers a full 100% of your recommended daily intake of vitamins A and C. **Edited from:** <http://www.health.com/health/gallery/0,,20709014,00.html>