

## How to get sleep: 4 sleep-friendly scents



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### Coconut Lime Sugar Scrub

Coconut Oil is the perfect oil to use in this scrub because it has a slight scent and leaves the sugar a nice, crisp white. It also leaves your freshly scrubbed skin feeling soft and smooth. Plus, the combination of Lime and Coconut scream summer! Add in some fresh grated coconut to give the scrub a little more texture.



#### Ingredients

- \* 1/4 cup coconut oil (melted)
- \* 1 cup white sugar
- \* 1 Tbsp. shredded coconut
- \* 6-8 drops of Lime Essential Oil

#### Instructions

1. Melt Coconut oil in microwave
2. Mix in with the sugar, until fully incorporated
3. Add the coconut and the Lime Oil
4. Mix together
5. Makes one cup of scrub

#### To use:

Simply gather a small amount in your fingertips or with a small spoon. Rub together in your hands and scrub your skin with it. Rinse off with warm water. This will leave your skin feeling so silky soft and smelling like coconut lime.

<http://www.theidearoom.net/2013/05/coconut-lime-sugar-scrub.html>

Having trouble falling asleep? Add some aromatherapy to your nighttime ritual and you'll be in a sweet slumber in no time. With the demands that come from career, family and friends, it can be difficult to relax – even when the day is over. According to Statistics Canada one in every seven Canadians aged 15 or over reported insomnia symptoms, and it is more common amongst women than men. So, if you find yourself tossing and turning, or staring at the clock as minutes of precious sleep-time slip away, perhaps it's time to add a little aromatherapy to your nighttime routine.

Here are four sleep-friendly scents that are sure to sooth your senses and pave the way to a restful night.

**LAVENDER** - Perhaps the most popular soothing nighttime scent, lavender has been recognized as an effective sleep aid through generations of folk medicine, and has been used in soaps, sachets and perfumes for centuries. And now a study at Wesleyan University by Dr. Namni Goel shows that there is a scientific basis to lavender's medicinal properties. The study showed that after smelling lavender essential oil before bed, participants experienced an increased amount of time spent in slow-wave sleep, the restful and restorative sleep phase. Additionally, the study showed that while the lavender helped both men and women get a better sleep, it was more effective in female subjects. To experience the lure of lavender, try adding a few drops of a lavender essential oil to a nighttime bath, or tuck a lavender sachet underneath your pillow. **CHAMOMILE** - The daisy-like chamomile flowers of both the German and Roman variety produce a sweet apple scent, and can be found in teas, essential oils, and dried sachets. Chamomile is known to ease tension and promote relaxation of both the mind and body, and in addition to working as a sleep-aid, its calming influence has been recommended to ease the emotional symptoms of PMS and menopause. Inhaling the aroma while sipping a nighttime cup of chamomile tea 30 minutes before bed can set the stage for a peaceful slumber, or place a few drops of chamomile essential oil in an aromatherapy diffuser in your bedroom. **JASMINE** - The scent of fragile jasmine flowers may be more famed for its aphrodisiac properties, but historically jasmine has also been prized for its calming sedative effect, and was used to treat depression, stress and anxiety. Recently, jasmine's sleep-friendly effects were highlighted in a study conducted by Dr. Bryan Raudenbush, assistant professor of psychology at Wheeling Jesuit University. Researchers found that a slight hint of jasmine in the air where study participants were sleeping led to a deeper sleep, and subjects reported increased levels of alertness throughout the next day. Make your own linen spray by mixing 2 ounces of distilled water and 25 drops of jasmine essential oil in a spray bottle, shaking thoroughly before each use, or try applying a jasmine-scented lotion before bed. **VANILLA** - Not just for cookies and cakes, the

mouthwatering scent of vanilla has long been recognized for its anti-depressant and tranquilizing qualities, lowering blood pressure and promoting feelings of well being and calm. In fact, in a study by Memorial Sloan Kettering Hospital in New York City in the early 90s, patients reported 63 per cent less overall anxiety when undergoing MRI scans when the scent of vanilla was present in the room. Drift off into a sweetly scented sleep with a few drops of essential oil on a handkerchief underneath your pillow. Or, try relaxing sore muscles with vanilla-scented massage oil.

Source: [http://www.canadianliving.com/health/sleep/four\\_sleep\\_friendly\\_scents.php](http://www.canadianliving.com/health/sleep/four_sleep_friendly_scents.php)

## Creamy Potato Salad (guilt-free BBQ hit)

#### Ingredients:

- \* 2 lbs. red potatoes, cubed
- \* salt
- \* 1 tbsp. white balsamic vinegar
- \* 5.3 oz fat-free plain Greek yogurt
- \* 1/4 cup low-fat sour cream
- \* 3 scallions, thinly sliced
- \* 1 tbsp. Dijon mustard
- \* 2 tps. Minced fresh dill
- \* 2 tps. Minced fresh thyme
- \* 1/4 tsp. garlic powder
- \* ground black pepper
- \* 4 oz. jar chopped pimentos
- \* 14 oz. artichoke bottoms, drained
- \* 2 ribs celery, diced

#### Directions:

1. Place potatoes in a large pot, then add enough cool water to cover by 1 inch. Add 1 tsp. of salt, then bring to a boil and cook for 10-15mins., or until just tender when pierced with a fork. Drain the potatoes and spread out on a rimmed baking sheet. Sprinkle with vinegar and set aside to cool. 2. Meanwhile in a large bowl combine the yogurt, sour cream, scallions, mustard, dill, thyme and garlic powder. Season with salt and pepper, to taste. Stir in pimentos, artichoke bottoms and celery. Once potatoes have cooled, gently stir until thoroughly coated. Chill until ready to serve. **\*Note:** We replaced eggs with chopped canned artichoke hearts, which have a similar texture and a wonderfully subtle flavour that compliments the potatoes. While eggs do add plenty of protein, if you're at a BBQ it's unlikely that protein deprivation is your problem. And egg yolks add plenty of unnecessary fat.





## There's Life After Kale, And These 10 Leafy Greens Can Prove It

1. **Collard Greens** are a staple of southern American cooking, and are finally starting to be embraced by the rest of the country. They can be shaved thinly and eaten raw as a salad, sautéed quickly with garlic for a hearty side, but can also stand up to being stewed for a really long time. They also happen to taste really great with bacon and smoked pork hocks. 2. **Turnip Greens** are just like turnips: kind of sweet, kind of spicy, kind of bitter, occasionally smelly, but ultimately delicious. Just like kale, they're full of Vitamin K. 3. **Mustard Greens** If you've never eaten raw mustard greens, be prepared for your first taste: they have a *bite*. Once cooked, they mellow out, but you can still taste the namesake of this leafy green. Mustards come in curly and flat varieties, red and green, just like kale. But these have way more personality than kale. Because of their peppery bite, mustard greens are usually mixed with other greens for cooking, but we happen to like their ability to knock us out of our chairs. 4. **Swiss Chard** If leafy greens had a beauty pageant, Swiss chard would win every single time. Its naturally-occurring red, yellow, purple and white stalks are dazzling. And its velvety, tender leaves would win the talent contest for certain. Swiss chard cooks more quickly than most other leafy greens (because of its high water content), and its crunchy stems make great pickles. 5. **Spinach** Oh yeah, remember this stuff? Before everyone fell in love with kale, it was spinach that our parents wanted us to eat before we could have dessert. Spinach is a kitchen workhorse, finding itself just as comfortable in a salad as it does in a soup, sauté or pie. 6. **Beet Greens** Yes, beet greens are edible! And they are delicious. They taste like beets and kale smashed into each other. Which means that everything that tastes good with kale and beets, also tastes amazing with beet greens. Like garlic and goat cheese and bacon and on and on. 7. **Broccoli Rabe** This hearty, bitter green (which we sometimes call rapini) is more closely related to turnips than it is to broccoli, although their family resemblance seems totally undeniable. Italian cuisine has mastered the pairing of rabe with chilies, garlic and sausage. 8. **Dandelion Greens** If you like bitter greens, these are the greens for you. Dandelion greens are also packed with calcium and Vitamin A, and pair uncommonly well with a runny egg yolk. Use small, tender ones for salads and big, stalky ones for sautéing and braising. 9. **Watercress** We like to think of this delicate, peppery green as arugula's feisty younger sibling. It is lovely as a salad itself, can be pureed into soups for a vibrant hit of green, and also whips into a great pesto. 10. **Gai Lan (or Chinese Broccoli)** also known as kai-lan, Chinese broccoli and Chinese kale, tastes like a cross between broccoli rabe and bok choy. It is delicious simply sautéed with garlic, stir-fried with oyster sauce or even simply steamed, if you want to keep things super health-nutty. **Source:** [http://www.huffingtonpost.com/2013/10/07/life-after-kale-leafy-greens\\_n\\_4045848.html](http://www.huffingtonpost.com/2013/10/07/life-after-kale-leafy-greens_n_4045848.html)

## 5 Healthy, Tasty Greens to Mix Up Your Salads

*Spinach. Romaine. Kale. If you love salad but basically rotate these three go-to greens day after day, you're not just deadening your taste buds—you're also depriving yourself of the full range of vitamins and minerals other kinds of salad greens have to offer. To expand your lunchtime horizons, take a trip down the produce aisle and try these alternatives, suggested by Brittany Kohn, R.D., of Stephanie Middleberg Nutrition in New York City.*

**Microgreens** - You know about baby carrots and baby broccoli; microgreens are their leafy counterparts. Sold in a big bag typically containing a mix of arugula, red cabbage, radishes, and herbs, these delicate greens are harvested early, which boosts their nutritional profile big time. They can contain up to 40 times more antioxidants and beta-carotene than a serving of adult mixed greens, says Kohn.

**Mache** - This soft, tender leaf has a mild, slightly sweet, almost nutty flavor. It's great on its own or tossed with heartier, crunchier greens, says Kohn. Key nutrients include mega amounts of antioxidants and omega-3 fatty acids. Even better, a cup has a third more iron than the same amount of spinach.

**Frisée** - Frisee might look a little strange, but it's packed with vitamins A, C, and K, as well as folic acid. It's bitter, which makes it a good green to add to a mixture of other types of lettuce, and it has a crunchy stem that lends texture to your salad, says Kohn.

**Radicchio** - This burgundy leaf adds a pretty color to your typical green salad. It's got a bitter edge and a spicy taste when raw, punching up the flavor of the entire dish. (When cooked, the taste mellows and becomes slightly sweet, so it's also great as a pizza topping or in pasta.) Besides containing lots of B vitamins, a serving of radicchio scores you calcium, potassium, selenium, and phosphorus, says Kohn.

**Escarole** - The broad, pale, smooth-textured leaves on a head of this veggie have a slight kick but aren't overwhelming. Escarole also helps you rack up your intake of iron, magnesium, zinc, selenium, and potassium, says Kohn. **Source:** <http://www.womenshealthmag.com/nutrition/healthy-salad-ingredients>