

# November 2012 Newsletter

## Beating the Winter Blues



With winter right around the corner, so is winter blues. Common studies have linked Vitamin D deficiency as a cause of depression and Sunshine as the primary source of Vitamin D.

Winter daylight saving time cuts back on daylight which is why winter is commonly associated with the blues. How does this happen? Vitamin D deficiency decreases neurotransmitters. This decrease has an overall affect on brain health and the body both mentally and physically. The decrease also affects the serotonin reuptake. Serotonin is responsible for regulating mood, appetite and sleep. This ultimately leads to depression and what is commonly known as the 'winter blues.' How to the beat it? Here is a list of recommended activities to do to prevent winter blues.

**Vitamin D supplements** - prescribed by your doctor and taken in appropriate doses will not only keep your mood and appetite in check but also provide your body with overall health.

**Light Therapy** - reading or mediating before this light will feel equivalent to doing it before the sun. This compensation will benefit you if the short daylight hours put you in a sluggish mood.

**Socialization** - winter hibernation keeps us indoors and away from others which may lead to depression and social fears. Commit to activities and other social gatherings to avoid this social isolation.

**Exercise** - full of many benefits and good for many reasons. Commit to a schedule of working out to stabilize your mood and de-stress yourself.

**Deep Breathing** - taking slow, deep, relaxing breaths stimulate the vagus nerve which is responsible for counteracting the stress response.

**Massage** - A good massage decreases the levels of the cortisol- the stress hormone and increases levels of serotonin- the happy hormone.

<http://healthland.time.com/2011/11/04/8-ways-to-beat-the-winter-blues/#ixzz28w8lmEXx>

## 5 Delicious and Healthy Fall Spices

Holiday season is approaching, and having the right ingredients at our fingertips is a must. These essential spices won't just up the tasty factor on any dish you make, they're also loaded with health benefits. Cross-check your spice stash, and make sure you stock up on my favorite 5 for November:

**Cinnamon:** Though its permeating scent reminds us of mouth-watering baked desserts, this autumn favorite adds a dose of health to any dish. Its essential oils provide anti-microbial properties, meaning it may have the ability to prevent the growth of bacteria, even the kind that grow in your mouth—studies have shown that cinnamon helps to fight bad breath. Adding cinnamon to a meal has also been shown to help control blood sugar levels. Try sprinkling ½ teaspoon of cinnamon over fresh fruit, and add a dash in your morning coffee.

**Turmeric:** The bright orange spice that helps give curry its flavor contains an antioxidant called curcumin. This substance has been shown to reduce the kinds of plaque found in the brains of patients with Alzheimer's disease. Researchers have also investigated its anti-inflammatory and antioxidant properties and found that it may provide relief for patients suffering from rheumatoid arthritis. Add turmeric to any lentil dish for a bolder flavor and brighter color.

**Nutmeg:** Nutmeg has been investigated for its cardiovascular and digestive benefits, and researchers have found that properties of nutmeg can aid in relieving indigestion, constipation, and heartburn. A touch of this spice compliments any sweet potato or squash dish. Even when you indulge with a chocolate chip cookie or slice of homemade banana bread, add a dose of health by sprinkling nutmeg to enhance the flavor (not to mention the aroma).

**Ginger:** Aside from its zingy flavor, ginger is also an impressive anti-inflammatory and deserves a spot on your spice rack. Many people with rheumatoid arthritis or osteoarthritis have reduced pain when they regularly consume ginger. For centuries it has been used to help treat nausea and even morning sickness. Use it as an ingredient in your salad dressing for a refreshing kick, or add minced ginger to sweeten up a sautéed vegetable dish.

**Bay Leaf:** A study published in the Journal of Clinical Biochemistry and Nutrition found that people with Type 2 diabetes who consumed bay leaves experienced lesser spikes in blood sugar. Traditional herbalists have used the bay leaf for centuries to help heal wounds and to normalize blood sugar. Use them as an ingredient to marinate your seafood or meat dishes.

<http://blog.womenshealthmag.com/food/5-delicious-and-healthy-fall-spices/#more-2825>

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## Top 10 reasons

### Quinoa is good for you

1. It's high in vitamins A, C and E, which makes it a great antioxidant.
2. It's high in minerals like potassium, calcium and magnesium.
3. It has eight essential amino acids, so if you ate quinoa and nothing else, your body could digest it and use it.
4. Quinoa also contains the important amino acid histidine, which is essential for human development and growth.
5. When you eat quinoa, you will use 90 percent of the good stuff being put into your body.
6. Quinoa is an excellent source of iron.
7. Quinoa is also a good source of fibre. It's a great option for parents who are having a tough time getting their kids to eat vegetables, which are also full of this important part of your family's diet.
8. Quinoa is very low on the glycemic index, so when your kids eat it, it sustains them for longer.
9. Quinoa is hypoallergenic, so it's easy to add into any family's diet.
10. This seed is a complete protein.

From: Today's Parent, Nov. 2012

## Tilapia with Tomato-Olive Sauce

- Top tilapia fillets with a savory tomato-olive sauce that comes together in just 5 minutes.
- Look for tapenade near jarred olives in the supermarket. Serve with sautéed broccolini and farro tossed with toasted almonds.

**4 servings** | **Active Time:** 20 minutes | **Total Time:** 20 minutes

### Ingredients

- \* 1 1/4 pounds tilapia
- \* 1/4 tsp. salt
- \* 1/4 tsp. freshly ground pepper
- \* 2 tbsp. extra-virgin olive oil, divided
- \* 1 pint grape or cherry tomatoes, halved if large
- \* 1/4 cup dry white wine
- \* 3 cloves garlic, finely chopped
- \* 3 tbsp. olive tapenade

### Preparation

- Sprinkle tilapia with salt and pepper. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the fish and cook (in two batches if necessary), turning once halfway through, until golden brown and just opaque in the center, 4 to 6 minutes total. Transfer the fish to a serving platter; tent with foil to keep warm.
- Off the heat, add the remaining 1 tablespoon oil, tomatoes, wine and garlic to the pan. Return to medium heat, cover and cook, stirring occasionally, until most of tomatoes are broken down, 4 to 5 minutes. Stir in olive tapenade and cook for 1 minute more. Serve the fish with the sauce.

**Nutrition Per serving:** 247 Calories; 11 g Fat; 2 g Sat; 6 g Mono; 71 mg Cholesterol; 4 g Carbohydrates; 29 g Protein; 1 g Fiber; 381 mg Sodium; 626 mg Potassium

[http://www.eatingwell.com/recipes/tilapia\\_tomato\\_olive\\_sauce.html](http://www.eatingwell.com/recipes/tilapia_tomato_olive_sauce.html)



## Tips for Chocolate Lovers

*To get the most bang for your bite:*

- \* Choose dark chocolate with a cocoa content of at least 70%. Enjoy chocolate in small portions a few times a week. An ounce or two is a sensible serving.
  - \* Check the label. Avoid chocolate made with palm or coconut oils or any oil that has been hydrogenated or partially hydrogenated.
  - \* Don't drink milk with your chocolate. Studies show that milk may inhibit the body's ability to absorb the chocolate's antioxidants.
- <http://www.realage.com/food/health-benefits-of-chocolate>



Meet **Gail** our new  
**Yoga Instructor!**  
Session begins  
**November 15<sup>th</sup> @ 10:30am**

And the **Winner** is...

**Linda Taylor...**

**for the month of October!**

