

May 2016 Newsletter



Creating Community
Changing Lives

Eggplant Relish - 3 cups

INGREDIENTS

- * 1 large eggplant, diced
- * 3 tablespoons extra-virgin olive oil
- * 1/4 cup chopped fresh garlic
- * 1/4 cup golden raisins plumped over heat in white wine
- * 1/2 cup red wine vinegar
- * Kosher salt
- * 1/2 cup chopped shallots
- * 1/4 cup toasted pine nuts
- * Pinch sugar

DIRECTIONS

Serving suggestion: Place the relish on toasted bread spread with sheep's milk ricotta cheese, and top with torn basil and parsley leaves, then drizzle with extra-virgin olive oil.

To make the relish: Place the eggplant in a strainer set over a large bowl. Sprinkle the eggplant with salt and let sit for 10 to 15 minutes to leech out the bitterness. Rinse quickly and pat dry.

Heat a large skillet over medium heat. Add the oil, shallots, garlic, pinch of salt, and eggplant and cook for 10 to 15 minutes. Add the pine nuts, raisins, red wine vinegar, and sugar. Stir to combine.

Per Tablespoon: Calories:20; Total Fat: 1g; Saturated Fat: 0g; Protein: 0g; Total carbohydrates: 2g; Sugar: 1g; Fiber: 0.5g; Sodium: 41mg; Cholesterol: 0mg

Notes: Spoon the eggplant relish on toasted bread spread with sheep's milk ricotta cheese, and then top with torn basil and parsley leaves, and drizzle with extra-virgin olive oil.

Source: <http://www.cookingchanneltv.com/recipes/michael-symon/eggplant-relish.html>



- lower bad cholesterol
- protects heart & arteries
- assist with stomach ulcers
- assist nerve conditions
- prevents infections
- high fiber content
- prevent cancer
- protects brain
- low in calories
- cleans blood



Benefits of Meditation for the Mind & Body



Dumbbell Curl to Squat to Press



- (A) Grab a pair of dumbbells and let them hang at arm's length next to your sides with your palms facing forward.
- (B) Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Immediately push your hips back and lower your body into a squat, until your thighs are at least parallel to the floor.
- (C) Stand up and press the dumbbells over your head. That's 1 rep. Return to the starting position & repeat.



5 Steps to Mindfulness Meditation

In our era of 24-hour digital distraction, the art paying attention is increasingly difficult. But for many, meditation can help. Here are some tips to get you started:

1. Sit cross-legged on a cushion on the floor or in a chair. Keep your back straight and let your shoulders drop. Take a deep breath and close your eyes if you wish.
2. Notice your breath. Don't change your breathing, but focus on the sensation of air moving in and out of your lungs.
3. As thoughts come into your mind and distract you from your breathing acknowledge those thoughts and then return to focusing on your breathing each time.
4. Don't judge yourself or try to ignore distractions. Your job is simply to notice that your mind has wandered and to bring your attention back to your breathing.
5. Start by doing this 10 minutes a day for a week. The more you meditate regularly, the easier it will be to keep your attention where you want it.

More Tips for Being Mindful:

WEAR A WATCH You'll avoid picking up your phone to check the time and won't be needlessly distracted

NO PHONES IN BED Fully wake up before you look at any devices

GET INTO NATURE Take a hike and observe your surroundings.

Resist the urge to Instagram them

Source: <http://healthland.time.com/2014/01/22/learning-to-pay-attention-5-steps-to-mindfulness-meditation/>



DIY: LAVENDER VANILLA BUBBLE BATH

INGREDIENTS

- * 1¼ cup castile soap
- * ½ cup vegetable glycerin
- * ½ cup water
- * 10-15 drops lavender essential oil
- * 10-15 drops vanilla essential oil

INSTRUCTIONS

Combine all ingredients in a 16 oz bottle. Secure lid and shake well to mix ingredients. Source:

http://wondermomwannabe.com/natural-homemade-bubble-bath/#_a5y_p=4847559



Hinging Deadlift

For a head-turning lower body, strengthening your backside is just as, if not more, important than your front. Deadlifts recruit the muscles in your hamstrings, glutes, & lower back.

How to do it: Grab a pair of dumbbells and stand with your feet slightly wider than hip-width apart, knees slightly bent. Hold the weights in front of your thighs, palms facing in. Maintaining a neutral spine, hinge forward from your hips, reaching the dumbbells to the ground, until your torso is almost parallel with the floor. Focus on using your glutes to raise your body halfway back up [as shown] and then return to full forward hinge again. That's one rep. Repeat 20 times total.

20 Negative Calorie Foods That Boost Metabolism

Not every food is created equally and not every calorie is burned equally in your body. According to Dr. Neal Barnard, author of *Foods That Cause You to Lose Weight: The Negative Calorie Effect*, there are a variety of foods that create a negative-calorie effect, which improves your metabolism and helps you lose weight effectively. These foods are usually plant-derived foods that are high in water content and rich in fiber: grains, legumes, vegetables, and fruits, except for fatty fruits like avocados and olives. Since your body takes a longer time to burn off fibrous foods, your metabolism continues to stay revved up, giving you a jumpstart to your weight loss. Get started by adding these 20 foods into your recipe rotation.

Apples are high in dietary fiber. Keep the skin on apples to retain the full amount of fiber in the fruit, which can have up to 2 to 5g of fiber depending on its size.

Bananas Aside from being a good source of potassium, bananas are also a good source of fiber. One banana has around 3g of fiber.

Black Beans are a staple in many meals and for good reason; one cup of black beans has up to 30g of fiber!

Broccoli Cruciferous vegetables like broccoli are another good source of fiber.

Carrots Well known for its beta-carotene, carrots are also available in various colors ranging from white and yellow to red and purple.

Cauliflower Do you always cook with cauliflower the same way? Skip boiling and try roasting it or using it as the crust to your homemade pizza.

Celery Perfect as a crunchy snack, celery is also delicious in a curried salad, pureed into soup, or blended into a green juice.

Corn Whether cut fresh from the cob or flash frozen, corn is a basic vegetable that's easy to stock up on. One cup of boiled sweet corn has approximately 3.6g of fiber.

Grapefruit This refreshing pink fruit is high in vitamins & helps curb a salt craving.

Kidney Beans are rich in fiber with up to 20g of fiber in one cup of cooked beans.

Lentils Another nutritious legume to add to your grocery list is the lentil. A cup of cooked lentils has up to 16g of fiber.

Lettuce Keep calories in check with the help of lettuce. From Bibb to romaine, this vegetable is an easy swap for bread in sandwiches and wraps.

Oatmeal Stock your pantry with whole grains like oatmeal.

Oranges Similar to grapefruit, oranges are a satisfying and energizing snack.

Peas In addition to being a great protein source, peas are a good fiber option with anywhere from 5 to 11g of fiber in each cup, depending on the variety.

Pineapple has up to 13g of fiber, making it an ideal option for a mouthwatering, infused water or high-fiber green drink.

Rice If you can't go without rice, choose brown over white, which has double the amount of fiber, at around 3.5g per cooked cup.

Spinach Packed with nutrients and fiber, has up to 7g of fiber in a half-cup serving.

Sweet Potatoes are rich in vitamins and have up to 4g of fiber in one small tuber.

Edited from: <http://www.doctoroz.com/gallery/20-negative-calorie-foods-boost-metabolism>

