



RECIPE FOR Wellness NEWSLETTER

Courtesy of Milestones Chiropractic – www.milestoneschiropractic.com

HOME REMEDIES

A Mediterranean herb, lavender was first associated with cleanliness when the Romans added it to their bathwater. In fact, the name comes from the Latin word *lavandus*, which literally means “to wash”. However, there’s so much more to this amazing herb.

Lavender has always been the aromatherapy go-to scent to relieve stress, treat anxiety, insomnia and depression as well as decrease restlessness. It’s one of the safest and most commonly used of all the aromatherapy oils, but it isn’t limited to times of stress. For instance, a few drops of oil in a shallow bowl of water can bring a fresh clean scent to a musty room.

For smooth skin, make a simple salt scrub by combining 1 cup kosher salt, 1 cup almond or olive oil, 5 to 10 drops of lavender essential oil and ¼ cup dried lavender buds.

When having trouble falling to sleep, dab 1 drop of lavender essential oil on each temple right before bed. Be aware that it’s best to test for a reaction to undiluted essential oil on the back of the hand for a potential allergy before using it in this fashion. The oil can be combined with a bit of jojoba, almond or olive oil in a jar before being dabbed on the temples if allergies are a concern.

A healthy facial scrub can be created by blending a tablespoon of jojoba, avocado or almond oil with a bit of fine sugar and a drop of lavender essential oil. It can be massaged on the face then removed with a steaming washcloth to cleanse, moisturize exfoliate and soothe the skin.

Lavender oil production is increasing due to the many homeopathic uses being discovered. It is believed to be beneficial as an antiseptic and may have anti-inflammatory properties valuable for treating minor burns and bug bites. It’s also rumored to treat many types of infection, including lung, sinus and even candida. Some have suggested that lavender also treats indigestion, including colic, and boosts immunity.

Being suitable for all skin types, it appears to even be a cell regenerator. It prevents scarring and stretch marks and is reputed to slow the development of wrinkles. This includes potential benefits for sun-damaged skin, wounds and skin infections.

Finally, of the several fragrances tested by aromatherapy researchers, lavender was the most effective at relaxing brain waves. It also reduced computer errors by almost one-fourth when used to scent the office.



DID YOU KNOW?

Just as spinal hygiene, dental hygiene and personal hygiene play a role in your health, physicians and therapists now recommend “sleep hygiene behaviors” to improve and maintain good sleep.

- Sleep only long enough to feel rested and then get out of bed
- Aim to go to bed and get up at the same time every day
- Do not try to force yourself to sleep. If you can’t sleep, get out of bed and try again later
- Have coffee, tea and other caffeinated food and beverages only in the morning
- Avoid alcohol, especially in the evening
- Avoid smoking, especially in the evening
- Keep your bedroom dark, cool, quiet and free of reminders of work or other things that cause you stress
- Troubleshoot any problems before you go to bed that may keep you awake, reminding yourself the problem is resolved for the moment and you will be better able to attack the situation after a full night of rest

Remember that a good night’s rest is proven to be a vital part of your overall health.

Source: motherearthliving.com

INSIDE THIS ISSUE

- Page 1** Home Remedies
- Page 1** Did You Know?
- Page 2** Family Time
- Page 2** Feature
- Page 3** Breakfast and Lunch Recipes
- Page 4** Dinner Recipes © 2023 Generations



FAMILY TIME

Every parent either lives for or dreads the words, “Tell me a story!” It’s the moment when you want to be in another place or you’re grateful to be an accomplished author. Because if you’re not, then it might feel like someone just put you in the spotlight and you can’t remember where you were on the night in question. So, here’s the wellness recipe for a winning bedtime story.

It’s all about the ingredients!

As with any recipe, a story is a blend of the best ingredients. It needs a hero, a world for the hero to live in, a challenge or an evil villain for them to overcome and, just what every winning story has to have: a happy ending!

When mixing up your ingredients remember that it’s more about the time you’re spending with you child than it really is about the story itself; whatever you create, they’re going to love it because they love you!

Suggested Ingredients

The Hero – you can’t go wrong with making the hero just like your child: he’s a 5-year-old with brown hair and missing his front teeth or she’s an 8-year-old with blond hair and pigtails. Naming your hero something really close to your child’s name or by adding an awesome adjective can be a real thrill. For instance: your daughter, Lizzie, is the heroine named, Mizzie, or your son, Dylan, is the hero, Chillin’ Dylan. Involving your child in the story is the quickest way to engage them.

The Setting – this is limitless in that you can make up a place (a spooky forest, an enchanted glen, a castle on a mountain top), it can be a place that your child enjoys (maybe their favorite vacation destination), somewhere that they want to go someday (a rocket ship to Mars, a cruise ship) or something fanciful and completely impossible (a land where animals talk).

The Time – based on your hero and setting, this can be any of the following: once upon a time; in the year 2050; in an hour from now or an hour ago; long, long ago in a faraway land; the day before you turned your child’s age, etc.

The Plot – this is where you may feel a little stumped – just remember that your child is more interested in the time you’re spending with them and less interested in the storyline: there’s a strange sound coming from the spooky forest; there’s a monster loose in Disneyland; scientists have seen lights flashing on Mars; or write a note to your child asking for help signed by the Mayor of Animal Land.

The Happy Ending – this is the easy part, your child saved the day! The strange sound from the spooky forest was a cricket that brought your child good luck. The monster loose in Disneyland just wanted to ride your child’s favorite ride. The lights flashing on Mars were caused by a disco ball from the Martians throwing your child a birthday party.

Remember when you were little and let your imagination play!



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 for the beach to protect the soles on hot sand, flip-flops were not 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.

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. This may 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.



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Charred Tomatoes and Fried Eggs on Garlic Toast

When tomatoes are cooked in a healthy fat like coconut or olive oil, it increases our absorption of the phytochemical lycopene, which may lower the risk of heart disease.

Ingredients

4 slices rustic bread, toasted
1 clove garlic, peeled
1 tbspc coconut or olive oil, plus more for brushing
4 large eggs
4 small tomatoes, such as cocktail or Campari, halved
Sea salt and freshly ground pepper

TO PREPARE: Rub toasted bread with garlic and brush with oil. Heat oil in a large, heavy skillet (preferably cast-iron) over medium heat. Crack eggs into skillet and cook, undisturbed, until whites are set, 2 to 3 minutes. Season with salt and pepper and transfer to a plate.

Increase heat to medium-high. Brush cut sides of tomatoes with oil. Sear, cut sides down and undisturbed, until charred, 3 to 4 minutes. Transfer 2 tomato halves to each piece of toast with a spatula and lightly mash. Season with salt and pepper and top with fried eggs.

Source: marthastewart.com

Quinoa Cereal

A healthy gluten-free cereal, quinoa is delicious hot or cold.

TO PREPARE: Unprocessed quinoa is naturally coated with saponin, a bitter substance that deters pests. Sometimes it's removed before packaging, but rinse it anyway, following the instructions below, just to make sure.

Place quinoa in a fine-mesh sieve; submerge in a bowl of cold water. Swish quinoa around with your hand; lift sieve back out. Pour off water (it will be cloudy), refill bowl, and continue to wash until water remains clear, 2 or 3 times.

Once clean, quinoa can be boiled just like oatmeal or rice. Top cooked quinoa with almond milk and fruit. Sprinkle with grated nutmeg or cinnamon or drizzle with pure maple syrup.

Source: marthastewart.com



Greek Salad with Bulgur and Mozzarella

Bulgur is a quick-cooking whole grain. Because it still has some of the bran attached, it has a delicious nutty flavor and is rich in iron, as well as being naturally low in fat and high in fiber.

Ingredients

1 cup (8 oz) whole-grain bulgur
1 bunch watercress, thick stems removed
1 15-ounce can butter, cannellini or corona beans, rinsed
4 small seedless cucumbers or 1 large cucumber sliced
½ cup (4 oz) pitted green olives, halves
¼ (2 oz) small red onion, sliced
¼ (2 oz) cup olive oil, plus more for serving
¼ (2 oz) cup fresh lemon juice
½ pound (226 grams) fresh mozzarella, torn into pieces
Sea salt and ground pepper

TO PREPARE: Cook the bulgur according to the package directions.

Combine the bulgur, watercress, beans, cucumbers, olives, onion, oil, lemon juice, and dash with salt and pepper in a large bowl.

Serve topped with the mozzarella and drizzled with oil.

Source: realsimple.com

Quick Sesame Teriyaki Lettuce Wraps

This is an example of “slow-cooked fast food.”

The prep time is just a few minutes and the slow cooker does the rest.

Ingredients

¾ cup (6 oz) teriyaki sauce
¼ cup (2 oz) water
1 tsp ground ginger
6 boneless, skinless chicken thighs
12 oz slaw mix (or shred broccoli, carrots and cabbage)
2 tbspc toasted sesame seeds
1 small head red-leaf or Bibb lettuce

TO PREPARE: In a small bowl, whisk together teriyaki sauce, water and ginger. Lay chicken thighs in the bottom of the slow cooker and pour sauce evenly over the top.

Cover and cook on high for 2 to 3 hours, or low for 3 to 4 hours, until chicken is cooked through and very tender.

Shred chicken with two forks and add slaw mix. Stir to combine, cover and let cook for 10 minutes.

Stir in sesame seeds and serve over individual lettuce leaves.

Note: When purchasing the ingredients for this fabulous healthy lunch, be sure to be picky and choose from the dozens of high-quality, natural, low-sugar prepared teriyaki sauce options at your local grocer.

Source: motherearthliving.com



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Grilled Chicken with Summer Squashes

Fire up the grill and grab some summer squashes to make a healthy, delicious dinner for your family.

Ingredients

1 whole chicken, backbone removed, cut in half lengthwise
½ cup (4 oz) coconut or olive oil, plus more for brushing
2 lemons, cut in half crosswise
2 lbs (about 1 kg) summer squashes such as zucchini and yellow squash, cut on the bias into ¼ inch (6mm) thick slices, this would be about 4 medium size squashes
1 cup coarsely chopped fresh flat-leaf parsley leaves

TO PREPARE: Preheat grill to medium heat. Rub chicken with 1 teaspoon oil, 2 teaspoons salt and ½ teaspoon pepper. Brush hot grill grate with oil. Place chicken, skin side down, and lemons, cut side down, on grill grate and cover. Cook for 10 minutes.

Transfer lemons to a plate. Continue cooking chicken for 5 minutes. Flip and cook 5 minutes more.

Meanwhile, toss squashes with 2 teaspoons oil, 1 teaspoon salt and ¼ teaspoon pepper. Add to grill, cover, and cook, turning squashes occasionally, until squashes are tender and browned in places and a thermometer inserted into thickest part of chicken breast (do not touch bone) reaches 165°, about 10 minutes.

Squeeze juice of grilled lemons into a bowl, whisk in the remaining 7 tablespoons of oil and stir in parsley.

Cut chicken into pieces and serve with vegetables and parsley dressing.

Source: marthastewart.com

Simple High-Fiber Beefy Tacos

Higher in fiber than the standard fare, largely from the refried beans, this is how real, healthy Mexican food was meant to taste.

Ingredients

1 lb (1/2 kg) lean ground beef
1 yellow onion, finely chopped
4 cloves garlic, minced
2 serrano chilies, seeded and finely chopped
16 oz vegetarian refried beans
1 cup (8 oz) shredded sharp cheddar cheese
16 oz salsa
12 small sprouted corn tortillas
2 tomatoes, chopped
2 cups (16 oz) shredded lettuce
1/3 cup (3 oz) sour cream
1/3 cup (3 oz) chopped fresh cilantro, for garnish

TO PREPARE: In a large skillet over medium-high heat, combine beef and onion, and cook until no pink remains, about 6 minutes. Add garlic and cook, stirring frequently, for 1 minute. Drain any excess oils and transfer contents to a slow cooker (crockpot).

Stir in chilies, refried beans, cheese and salsa. Cover and cook on high for 3 to 4 hours, or on low for 5 to 6 hours, until mixture is cooked through and bubbling.

Stir and service over warmed tortillas with tomato, lettuce and a dollop of sour cream. Garnish with cilantro.

Note: Plain Greek yogurt with a squirt of lime juice can be a lower calorie option for sour cream.

Source: motherearthliving.com

Steak and Zucchini with Greek Beans

Takes about 20 minutes to prepare and serves 4.

Ingredients

15.5 oz can butter beans, rinsed	1 ½ lb (1 kg) skirt steak – cut into 4 pieces
2 ounces Feta – crumbled	1 tsp smoked paprika
1 tbsp white wine vinegar	Sea salt
1 tbsp chopped fresh flat-leaf parsley leaves	4 zucchini – cut lengthwise into quarters
2 tbsp olive or coconut oil	Additional oil for the grill

TO PREPARE: Heat grill to medium-high. Once it is hot, clean the grill grate with a wire brush. Just before grilling, oil the grill grate with extra oil.

Toss the beans, Feta, vinegar, parsley, 1 tablespoon of olive oil and ¼ teaspoon salt in a medium bowl, set aside.

Season the steak with the paprika and ½ teaspoon salt. Toss the zucchini with the remaining tablespoon of olive oil and ¼ teaspoon salt.

Grill until an instant-read thermometer inserted in the thickest steak registers 130° F (medium-rare) and the zucchini is tender, 3 to 4 minutes per side for each. Let the steak rest 5 minutes before slicing.

Serve the steak and zucchini with the beans.

Source: realsimple.com