

WELCOA* | AUGUST 2018

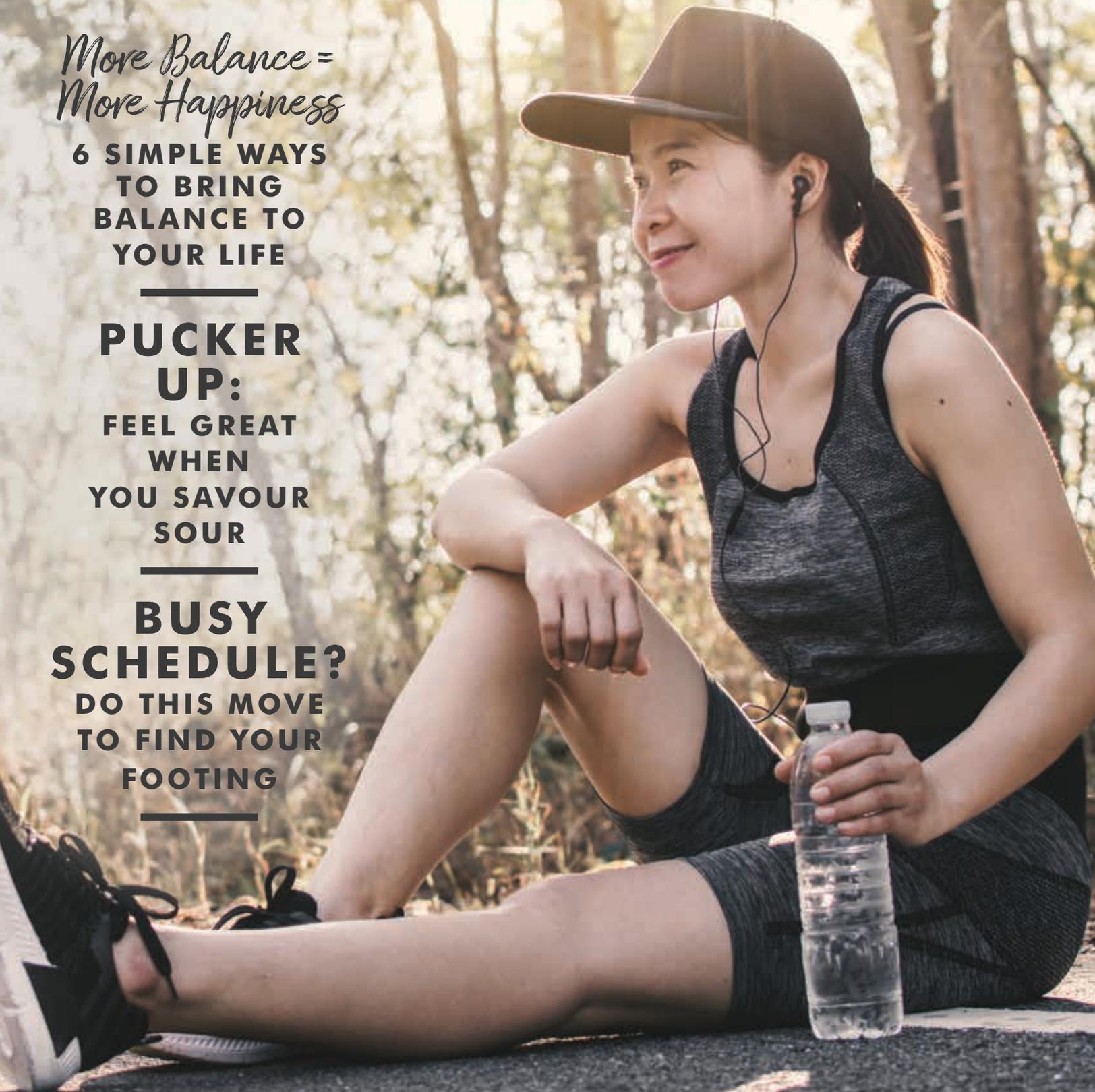
WELL BALANCED^o

*More Balance =
More Happiness*

**6 SIMPLE WAYS
TO BRING
BALANCE TO
YOUR LIFE**

**PUCKER
UP:
FEEL GREAT
WHEN
YOU SAVOUR
SOUR**

**BUSY
SCHEDULE?
DO THIS MOVE
TO FIND YOUR
FOOTING**



Veggie & Quinoa

STUFFED AVOCADOS

2 ripe medium avocados, peeled and sliced in half longitudinally
 1 cup of dry quinoa prepared in chicken broth as per package instructions
 2 carrots, finely chopped
 ½ purple onion, finely chopped
 1 medium squash, finely chopped
 ½ red bell pepper, finely chopped
 ¼ cup of diced chives
 2 cloves of fresh garlic, finely chopped
 1 tsp of Dijon mustard
 1 Tbsp of mayonnaise (olive oil based)
 Juice of ½ a lemon
 Salt and black pepper to taste

DIRECTIONS

Prepare the quinoa in the chicken broth as per package instructions. Combine the cooked quinoa with all the remaining ingredients and gently toss until everything is evenly combined. Spoon the quinoa/veggie mixture onto the top of the avocado halves. Enjoy!

Tip: Feel free to add or substitute any variety of fresh veggies (or fruit) to the quinoa. You can play around with various herbs and spices too.

SERVES: 4

NUTRITION INFO (per serving)

Cal 401, Fat 21g,
 Carbs 39g, Protein 17g,
 Sodium 98mg



Did You Know?

Quinoa, an ancient "whole grain", was revered by the Incas and is arguably the healthiest of all whole grains (technically it's a seed, but we call it a whole grain because of its taste and texture). Quinoa is a full package of health. It provides a broad array of minerals, complete protein, a whopping dose of fiber and folate, and it tastes delicious! It cooks in 15 minutes or less and can be used just as you would rice.



From the Kitchen of DR. ANN

With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician,

Dr. Ann is a unique nutrition expert for the real world.

The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

Dr. Ann WELLNESS For more, visit DrAnnWellness.com.



When buying fermented foods at the grocery store, look for them in the refrigerated section. Seek out products that are free of preservatives and unpasteurized which eliminates any friendly bacteria. And if you decide to make sauerkraut or kimchi at home, work in a sanitary environment and be sure to always practice proper food safety techniques.

FERMENTED FOODS

How to tap into the abundant benefits

by MALLORY UBBELOHDE, MPH, RDN, CD

Every week new fermented food items seem to bubble up in grocery store aisles. But fermentation is nothing new; this process of preserving the shelf-life of fruits, vegetables, dairy, meats and more has existed since ancient times and in cultures around the world. Recent media attention and grocery store real estate dedicated to fermented foods exists for good reason. There is a growing body of evidence that supports incorporating more fermented foods into one's diet and may lead to improved digestion, a stronger immune system, and enhanced nutritional status. Here are five ways you can incorporate fermented foods into your diet:

1. Miso: This fermented soybean paste is packed with rich umami flavor. A little can go a long way. Miso will transform soups, marinades, salad dressings, and goes well with glazed vegetables such as turnips and eggplant. The most common miso varieties are white, yellow, and red; these will be found in the refrigerated section of your grocery store.

2. Kimchi: A not-so-distant relative of sauerkraut, kimchi is a Korean condiment made of spicy fermented cabbage. Look for it in the refrigerated section next to other Asian ingredients, and give it a try on your next avocado toast.

3. Tempeh: This vegetarian protein source is made from naturally fermented soybeans. The nutty flavor pairs nicely in savory dishes. The texture holds up well to being roasted or grilled but can also be easily crumbled into chili or made into "chicken" salad.

4. Kefir: Kefir is best described as a drinkable yogurt. This fermented milk beverage is delightfully tangy and can come plain or in a variety of flavors. Similar to other dairy products, kefir is high in calcium, vitamin D, and protein. It also contains live and active cultures which come with a host of potential health benefits. Kefir can be added to smoothies, poured over cereal or granola, or used in salad dressings.

5. Sauerkraut: A simple combination of just cabbage and salt, sauerkraut is a traditional German food which is very easy to make at home. While historically consumed with rich meats, sauerkraut pairs well with lighter, plant-based dishes including atop salads, in soups, on toast, with roasted vegetables, or in your next grain bowl.

Ready to make the jump and begin experimenting with fermented foods? Start by gradually introducing these foods into your diet and have fun adding them to some of your favorite dishes.



About MALLORY UBBELOHDE, MPH, RDN, CD

Based in Salt Lake City, Utah, Mallery Ubbelohde is a registered dietitian nutritionist, nutrition communicator, recipe developer, food photographer, and home-cooked meal advocate. You can connect with Mallery on Instagram (@Mallery.RDN) where she shares daily meal inspiration.

BRING BALANCE BACK INTO YOUR LIFE



Maintaining a healthy life balance is essential to your overall happiness and well-being. But if you're constantly struggling to meet the demands of your work and home life, you may need to take some steps to bring control and balance back into your life. Here are some simple and effective strategies to get you started.

1. SMALL CHANGES GO A LONG WAY. When it comes to maintaining balance, the good news is that you don't need to overhaul your life. In fact, sticking with small adjustments is the way to go. Not only is this a more realistic approach, but you'll find more success in making small changes over time.



DID YOU KNOW?

More of us are working into later life, which makes creating healthy work and life habits as soon as you can all the more important. According to the Pew Research Center, 18.8 percent of Americans ages 65 and older (almost 9 million people) reported being employed full or part-time, continuing a steady increase since the year 2000.



2. SET A LIMIT AS TO HOW MUCH YOU'LL WORK WHEN YOU'RE NOT ACTUALLY AT WORK. With laptops and smartphones, so many working adults are putting in extra hours when they're not physically at work. This is an easy way to create imbalance. Set a firm limit as to how much time you'll devote to work while away from the office (i.e., "I will check emails once at 7:00 p.m. for 15 minutes") and stick to it.

3. COMMIT TO DOING AT LEAST ONE HEALTHY AND POSITIVE THING FOR YOURSELF A DAY. Many people who are struggling with work/life balance often find themselves turning to unhealthy behaviors like eating junk food, staying up too late or drinking alcohol. You can get on track by starting with just one area of focus. Maybe this is walking for 10 minutes a day, packing a healthy lunch or going to bed 30 minutes earlier.

4. STOP TRYING TO MULTI-TASK AND GIVE ALL YOU HAVE TO THE PRESENT MOMENT. Many people mistakenly believe that if they can get a few things done at once (i.e., send emails during a meeting, talk on the phone while driving, etc.) they're effectively using their time. However, research shows multi-tasking isn't nearly as efficient as we'd like to believe. In fact, it will probably take you longer to finish two projects when you're jumping back and forth than it would to finish each one separately. Focus completely on the one thing you're doing and try to do it to the best of your ability. You'll find that this approach will not only help you to be more productive, but you'll feel less stressed and exhausted.

REMEMBER

Talk with your doctor if you have any concerns about your health.



5. IDENTIFY AND CLEARLY COMMUNICATE WHAT'S NOT WORKING FOR YOU.

Are you bogged down with too much housework after a long day of work? Are you constantly running kids from one activity to the next? Take a moment to think about what causes you the most stress and anxiety and then take some action to address it. This is where the communication piece comes in. It's critical to let your family and support network know where you need help. You may need to ask your spouse or kids to pick up more household chores or perhaps you can start a carpool for activities.

6. MINIMIZE OR ELIMINATE ACTIVITIES OR PEOPLE THAT ADD NO VALUE.

You can help create harmony and balance by removing the people or things that add stress or drama to your life. For example, you may be spending too much time listening to a coworker who constantly complains and gossips. Or maybe you're going to numerous happy hours with friends to relieve stress and find yourself drinking too much. If you can't completely eliminate or avoid these things, do your best to minimize them.



Remember, start with some small changes. Focus on one or two strategies and then once those become a habit start incorporating more. You should start to feel calmer and experience more balance in your life in no time.

"The balance of power is the scale of peace."

-THOMAS PAINE

HOW CAN I TELL IF MY LIFE IS UNBALANCED?

Here are some telltale signs that your life may be a bit on the chaotic side:

- » You constantly feel stress or anxiety.
- » You get irritable or more anxious if anyone asks you for help.
- » You rarely have time to go outside; you're stuck inside most of the day.
- » You frequently feel sick or achy.
- » You rarely move around or get exercise.
- » You struggle to focus and stay present with people.



Ask the Expert...

I hear a lot of about the importance of achieving "balance" in life to help manage stress. What does it mean to feel "balanced" and how do I know if I am out of balance?

Think of emotional wellness as the ability to feel and express the entire spectrum of emotions, and to control them, not be controlled by them. Emotional imbalance suggests being stuck in one overriding emotion, such as fear or anger, at the expense of experiencing other emotions such as joy, happiness or compassion. While all emotions are valid, (it's OK to feel sad, afraid and mad) being stuck is not considered healthy. If you're feeling stuck try exercises to keep a 'light-heart' like meditation, taking a hot shower, or listening to your favorite music. If your emotions do not subside, seek out a professional to help you come up with a plan.



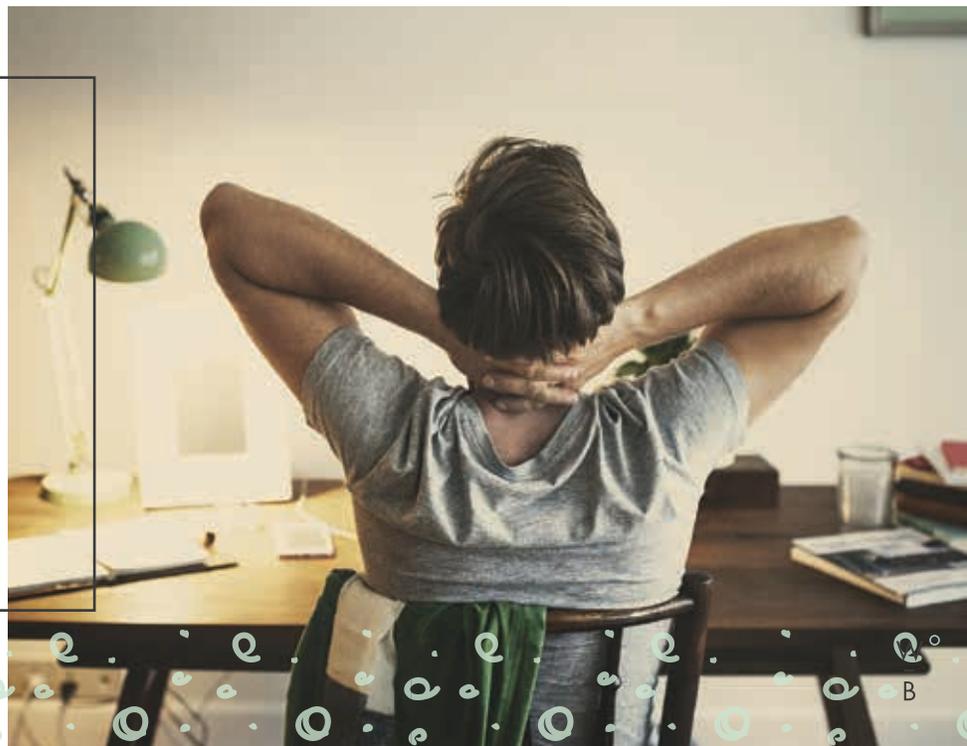
BRIAN LUKE SEAWARD, PHD

Certified Holistic Stress Management Expert and author of best selling books *Managing Stress*, *Stressed is Desserts Spelled Backward*, and *Quiet Mind, Fearless Heart*.

WELL BALANCED™ has an impeccable reputation for providing trustworthy information to improve your well-being and create healthier work cultures. Our network of physicians, dietitians, wellness professionals, and more are here to answer your crucial health questions.

Have a question? Ask our experts by going to www.welcoa.org/expert. If your question is selected we will contact you directly with your answer and it will be featured in an upcoming issue*.

*All questions are handled in confidence and will not, without prior consent, be disclosed or used by WELL BALANCED™ or its contributors.



TRANSFORMING HEALTH

How Lifestyle Medicine Could Impact Your Healthcare

by SUSAN BENIGAS

Many of us believe that our doctor's word is best, and we view them as the gatekeepers to our health. But, did you know that the medical education system does not provide very much training to physicians and health professionals about how specific lifestyle changes can prevent and treat disease?

Have you ever binge-watched a documentary encouraging more plant-based eating—only to have your physician ask, “where will you get your calcium and protein?” Your doctor may not have the information needed to be able to speak to you about the impact that food has on your health, but thankfully there are numerous organizations making a tremendous impact by filling the void in medical education.

SO WHAT IS LIFESTYLE MEDICINE?

Lifestyle medicine is the evidence-based use of *lifestyle* as therapeutic interventions to prevent, stop and often reverse heart disease and Type-2 diabetes, lower cholesterol and blood pressure, and reduce the risk of multiple cancers. Your lifestyle might include physical activity, whole-food, plant-based diets, stress management,

sleep, environmental exposures, meditation, and more.

Something unique about lifestyle medicine is that it provides a prescription with **only** positive side effects. Comprehensive lifestyle changes can help address underlying causes and decrease disease risk and illness burdens.

WHY IS LIFESTYLE MEDICINE IMPORTANT?

While our country teeters on the brink of bankruptcy—our chronic disease increases alongside healthcare costs growing at alarmingly unsustainable rates. **The silver lining?** Nearly 85¢ of every healthcare dollar spent in the U.S. pays for the treatment of conditions rooted in poor lifestyle choices. This means that 85% of healthcare costs could be reduced and even eliminated by educating medical professionals and empowering those they serve with the health, hope and healing that lifestyle medicine delivers. With an unsustainable healthcare system—lifestyle medicine has a huge opportunity to transform transforming healthcare.

As farmer, writer and activist Wendell Berry said, “People are fed by the food industry, which pays no attention to health and are treated by the health industry which pays no attention to food.”

WHAT IS BEING DONE TO INCORPORATE LIFESTYLE MEDICINE INTO HEALTHCARE?

Organizations like the American College of Lifestyle Medicine are helping physicians adopt a lifestyle medicine-first approach to healthcare. As both patients and health professionals are watching documentaries like *Forks Over Knives* and attending conferences, the paradigm is continuing to shift. You can ask your medical professionals what steps they are taking to seek out additional information and education about the impact of lifestyle on health.



About SUSAN BENIGAS
Executive Director, American College of Lifestyle Medicine

Prior to joining ACLM, Susan founded the non-profit The Plantrician Project and co-founded the International Plant-based Nutrition Healthcare Conference. She also serves on the board of directors for both the American Board of Lifestyle Medicine and the True Health Initiative.

About ACLM

ACLM is the nation's professional medical association for those dedicated to the advancement and clinical practice of lifestyle medicine as the foundation of a transformed and sustainable healthcare system. Become part of one of the most important movements of our time. Learn more at www.lifestylemedicine.org.

ASSESS YOUR BALANCE

by SEAN FOY, MA



Do you remember the game *Mercy*? Two players would face one another and interlock hands. On the word, “Go!”, each player would try to bend their opponent’s hand to cause enough pain for them to yell “Mercy!”, stopping the game. In games and sports we have established rules for when overload goes beyond reasonable limits. In other words, we know when to **stop**. But what about in life? Are your “margin muscles” strong enough to create healthy limits? Do you know how to build margin into your day and life? According to Dr. Richard Swenson, author of the book, *Margin: Restoring Emotional, Financial, and Time Reserves to Overloaded Lives*, he describes margin and overload like this:

*“Overload is not having time to finish the book you’re reading on stress. Margin is having time to read it twice.
Margin is the space between our load and our limits.”*

Swenson says margin is a place where we can recharge our batteries and focus on what matters most. Carving out time for you will help you live a more balanced and optimal life. Strengthen your “margin muscles” with simple but powerful moves to make margin a regular part of your day. You can use these anytime, anywhere to help you find your footing even with a busy schedule. Becoming aware of what’s on your plate is the first step in learning the art of balanced living.

5 MARGIN MOVES

1 → Track your time.

When it comes to assessing our “margin” in life, tracking your time will help you to see how you are spending it. Create a T-table with activities in one column and time spent in the next. Then, write down everything you do for one week and how long you do it. You’ll be amazed at where your time, energy and margin may be creeping away.

2 → Identify what’s important.

After you’ve had the opportunity to look over your weekly schedule, highlight what is important to you. Identify how you can plan and prevent unnecessary stress and create margin to rest, rejuvenate, or just make time for the things you enjoy.

3 → Draft your ideal week.

Use the highlighted activities and create an ideal week—a calendar noting how you’d ideally like to spend your time. Be sure to include “margin” as a key element throughout your week by scheduling activities that are important to you like exercise, meditation, date night or movie night.

4 → Plan margin in your week.

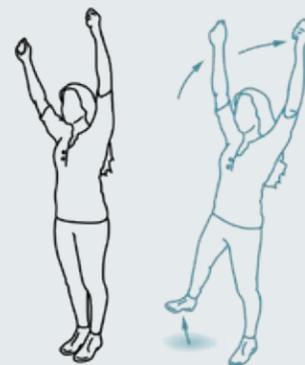
Before the week begins, sit down and plan out your week. Be sure to create “margin” for yourself for each day. Determine the day, time and activity you’ll use to recharge your batteries and schedule an appointment with yourself. Flex your “no” muscles if needed! Remember—when you say no it frees you up to say yes to something you may really need.

Try this move →

5 → Single Leg Margin Breathing

As you perform this move, repeat the phrase, “I breathe in life, I breathe out hurry.” This move brings space, relaxation, balance and margin back to your body and mind even with the busiest of schedules. Your intention with this move is to remind yourself to create “margin” or space in your body and mind through simple breathing and balance.

Stand tall and upright away from your desk with feet shoulder width apart and hands by your side. Slowly raise both arms out to the side expanding your chest and raising the right foot off the ground. Breathing deeply through your nose, expanding your belly. Then, slowly lower your arms to your side and your foot to the ground, exhaling through the mouth. Perform the same motion with the other leg and arms. Repeat this cycle for one to three minutes.



About SEAN FOY, MA | President & Founder, Personal Wellness Corporation

Sean Foy is an internationally renowned authority on fitness, weight management and healthy living. As an author, exercise physiologist, personal trainer, behavioral coach and motivational speaker, Sean has earned the reputation as “America’s Fast Fitness Expert”. His upbeat and sensible “simple moves” message—even with the busiest of schedules—has inspired many people all over the world. Sean has helped thousands of individuals with their wellness needs and is committed to encouraging everyone to attain optimal well-being for body, mind and spirit! Sean is a husband, father of two, and President & Founder of Personal Wellness Corporation.

This is what WELL BALANCED™ looks like to me...



@lauraputnamauthor



@hollybethm



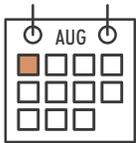
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WANT TO BE A PART OF
Well Balanced?

Share your well balanced moments by tagging us on social @WELCOA using #wellbalanced with a chance to be featured in an upcoming issue of WELL BALANCED™.



**AUGUST IS
Immunization
AWARENESS
MONTH**

Immunizations are a proven and highly effective method to help prevent dangerous and sometimes deadly diseases. Immunizations aren't just for children. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need vaccinations too.



2-3 MILLION

According to the World Health Organization, immunization prevents 2-3 million deaths every year in all age groups from diphtheria, tetanus, pertussis (whooping cough), and measles.

ASK YOUR DOC

Not sure of your immunization status or what additional vaccinations you may need? Ask your doctor.

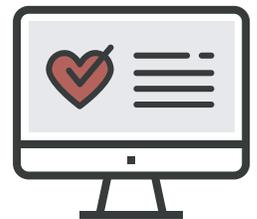


**VACCINATIONS:
NOT JUST FOR KIDS**

People of all ages can protect their health with timely vaccinations.

WANT MORE INFO?

The CDC and other medical experts update vaccine recommendations every year based on the latest research and science. Check out the CDC's website to learn what vaccinations you and your family need. www.cdc.gov/vaccines/index.html



**BE DILIGENT:
GET A FLU
SHOT
EVERY YEAR**

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older. It's best to get vaccinated before the flu begins spreading in your community.

**35
MILLION**

Every year Americans get sick from diseases that could be prevented by vaccines. In fact, the CDC estimates that the flu causes as many as 35 million illnesses each year in the United States.

