

NUTRITIONAL WELLNESS... ONE BYTE AT A TIME

THE WELLNESS MINUTE

This Week's Topic

The Art Of Overeating

"Let's accept the reality that everyone will cheat once in a while, so how can we make the best out of it?"

Do you want to have your cake and eat it too? I am referring to holiday eating. I want to enjoy eating without feeling the effects. Is it possible? Let's just say, when holidays roll around there are a few tips that might help you develop what I call The Art Of Overeating. Some people gain weight, I'm lucky in that department, but I do get brain fog and develop an unhealthy relationship with my couch when I eat too much junk.

Since food is so important during holidays, I've put together a few tips you might want to consider. Let's accept the reality that everyone will cheat so how can we make the best out of it? For starters, let's cheat with the right stuff. For example, eat chocolate, but purchase



dark organic chocolate from a reputable company and don't eat the whole bar or box in one sitting.

Try to increase foods high in fibre, like vegetables with meals. Fibre will slow the release of excess sugar laden treats which may help with the holiday highs and lows and energy swings. Also think color, color, color. Fruits & vegetables with the

brightest greens, reds, oranges, yellows the more color the more flavanoids and carotenoids.

That's where nutrient companies get concentrated levels of antioxidants and phytochemicals that they put in capsules and bottles. Phytochemicals are the big buzz in the pharmaceutical world and they come from plants. The goal is 10 servings of

This is a transcript from a "video magazine" we send out each week called the Wellness Minute, if you're not getting our Wellness Minute videos each week, sign up at the front desk

vegetables and fruits a day. It may seem a little tough at first but your body is already smiling at the thought of getting the nutrients it needs to return to peak performance. Try this.

When you go to holiday potlucks always take the dishes that make you feel the best. As you go thru the line, make that dish a large portion of what you have for your meal. For example, my wife makes a skinned cooked red beet salad with feta cheese and scallions, roasted pecans and cherry, raspberry or cranberry vinaigrette. Its sooo good. A huge helping really works for me.

If you go to parties or gatherings, never go to a holiday event starving. You will make the wrong decisions guaranteed. Eat something you know is a healthy snack for your metabolism before you go, like a colorful salad, guacamole or hummus with veggies.

When we are really hungry we eat too fast and don't chew our food which reduces our ability to digest our foods. Food combining is somewhat controversial, but when it comes to the "art of overeating" reducing the amount of starches consumed with your protein makes a large meal a lot lighter and easier to digest.

The basic idea is to eat predominantly vegetables and protein together or vegetables and starches. Healthy oils can be added to either category. It is the mixing or combining of starches and proteins that reduces digestive capacity. This often results in gas bloating, sluggish thinking and overall discomfort. Many people will then reach for over the counter gastro-intestinal aids, which provide a quick fix, but lowers HCL needed for di-

gestion. It's a big problem in America and worse over the holidays.

Another practical tip is to visualize your plate in 1/3's. 1/3 salad or raw veggies, 1/3 cooked vegetables and 1/3 protein. In terms of starches enjoy a small handful or less if weight loss is an issue. Or skip the starch and save room for a healthy dessert that would be about the same size.

Here's another suggestion: drink a glass of water between any beverages that you may consume. Whether its coffee, tea, fruit drinks or punches, red wine... whatever... put a 12 ounce glass of filtered water between other beverages. Your body needs the water for digestion and detoxification. This tip helps with both food and alcohol hangers. A colleague recommends for his patients, a nutritional supplement called Vascular-Sirt, for hangover prevention and he swears by it. He has his patients take 5 before bed.

For help with digestion, you may need to supplement HCL. Your Wellness clinician can make recommendations and answer any of your questions. Hours, days and even weeks after overeating can have consequences. Food sensitivities will make any condition worse and can intensify joint, back, or any type of arthritic pain. Even if you don't have food sensitivities, by using a few of these common sense tips...your immune system will be stronger, you'll feel more alert, experience less stress... and you'll have more energy to devote to family and friends. It's a skill I recommend for holidays ONLY "The Art of Overeating."

Beet Salad Recipes

Here are 2 different recipes. The first is simpler but allows room for individual tastes and is my favorite. The second recipe is a little more structured but is equally delicious.

Recipe A- Serves 8

8 medium red beets, the size of a clenched fist
Dark Cherry balsamic vinaigrette or Raspberry vinaigrette
Roasted Pecans ½ -1 cup
Scallions ½ cup diced
Feta Cheese ½ to 1 cup as desired

Boil beets with skins until tender. I use a fork and when it goes into the beet easily I know they are cooked. Allow the beets to cool and then run under cold water to skin them. Moisten with cherry or raspberry vinaigrette to taste. Crumble feta cheese to taste, add sliced scallions and roasted pecans to finish. Pecans, scallions or feta cheese or other favorite garnishes like pine nuts or cilantro can be substituted or added based on availability and taste. Enjoy.

Recipe B- Serves 8

Sweet meets savory in this stunning salad. Dappled with goat's cheese and dark red roasted beets, this baby spinach side dish is lightly coated in sherry walnut vinaigrette. Toasted walnuts add a tasty crunch and a burst of flavor.

10 small red beets
1/2 cup sherry vinegar
1 teaspoon Dijon mustard
1/4 teaspoon agave nectar or honey
1 clove garlic, finely chopped
1/2 cup walnut oil
1/4 cup olive oil
Salt and pepper to taste
1 pound baby spinach, roughly chopped
5 ounces arugula, roughly chopped
1/2 cup walnuts, toasted
4 ounces goat cheese, crumbled

Heat oven to 400°F. Place beets on a piece of aluminum foil on a baking sheet and make a pouch out of the foil, sealing it tightly. Bake for 40 minutes. Remove from oven and let beets steam for 10 minutes. Open pouch and let beets cool slightly.

Meanwhile, whisk together vinegar, mustard, agave nectar or honey, and garlic in a small bowl. Slowly whisk in the oils and season with salt and pepper. Set vinaigrette aside.

After beets have cooled enough to handle, remove and discard skins and cut into bite-size pieces. Mix beets with half of vinaigrette, then mix spinach and arugula with the rest of the vinaigrette. Transfer greens to plates and top with beets, walnuts, and goat cheese.