



# THE *Healthy* LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

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## Drink to Your Health



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You are what you eat, but what about what you drink? More specifically, you are what your body does with what you eat or drink. We often think of all the things we need to take out of our diets for better nutrition, but with this issue of *The Healthy Life* we present the concept of adding nutrition through our drink choices.

Chef Chris has supplied a number of recipes for smoothies and herbal teas. There are so many hidden health benefits to herbal tea. Numerous studies have shown that a variety of teas may boost your immune system, fight off inflammation, and even ward off cancer and heart disease. Some brews provide more health advantages than others, green tea for example is known for its high antioxidant properties. If you don't like the taste, you can add mint tea with it or just add it to your smoothies.

We often talk about how diets rich in fruits and vegetables are good for your health. But how much do you need per day to reap real rewards? An analysis from Harvard indicates that a total of five servings per day of fruits and vegetables offers the strongest health benefits. Smoothies are the way to go to help get your daily dose of both.

Nutrition is the process of taking in food and using it for growth, metabolism and repair. An easy way to fuel those cellular processes is by taking a closer look at nutritional gains you might make by what you drink.

The next issue of *The Healthy Life* will be included in the March *Eagle*. We welcome your suggestions and feedback.

Be Healthy,

*Karen*



**The Healthy Life Boutique** has an assortment of Tea Forte high quality herbal tea samplers for you to choose from. Sample a variety of teas to learn what you enjoy drinking, and the health benefits of each tea. All you have to do is put the kettle on.

### TEA OVER ICE

Ceylon Gold, Orange Papaya, Green Mango Peach, White Ginger Pear and Raspberry Nectar. \$13.00

### LOTUS

Darjeeling Quince, Mountain Oolong, Orange Jasmine, Vanilla Pear and Lemon Lavender. \$20.25

### WELLBEING

*Karen's favorite!*  
Defense, Invigorate, Purify, Radiance, Serenity. \$22.25



## MAKING

## Healthy

Many of us are aware we need to make healthy food choices, but are we paying enough attention to what we drink?

A large amount of calories may come from the things we drink: When we drink too many of these drinks, it is easy to go over our limit for calories without getting the nutrients we need.

A sugar-sweetened beverage is one sweetened with various forms of calorie-adding sugars. Some examples are sodas, lemonade and fruit drinks, sports drinks, sweetened iced teas and coffee drinks, energy drinks, or sweetened bottled water.

Even flavored milk and 100% juices can be counted as sugar-sweetened beverages if too many are consumed. A product containing 100% juices provides several nutrients, but it also contains sugar present in the fruit. Some juices even have added sugar. It is recommended that only six ounces of 100% fruit juice be consumed daily as a way to limit the intake of sugar.

It is important to be aware of your intake of sugar-sweetened beverages as it may affect your health. They can increase the risk of heart disease, raising LDL (bad cholesterol that clogs the arteries) and lowers the HDL (the good cholesterol).

### WATER IS STILL THE BEST CHOICE

You have many drink choices out there. At the end of the day, water is the first-choice beverage for best hydration. It is common to hear that water is essential for your health. But why?

Water makes up a majority of your body weight and is involved in many important functions, including flushing out waste from your body, regulating body temperature, helping your brain function, keeping joints lubricated, helping to prevent infections, delivering nutrients to the cells, and keeping organs functioning properly.

Try healthy add-ins like fresh mint, sliced cucumber or lemon wedges to add flavor and variety to your water. A glass of water in the morning can help with digestion and dehydration from hours sleeping.

# Beverage Choices

A word of caution – before reaching for a plastic water bottle that’s been sitting in a hot car, think about how long it’s been in the heat. When kept at high temperatures, the chemical bonds in plastic water bottles can break down. This can increase the chance that chemicals get in the water.

## INCREASE DAILY NUTRIENTS WITH SMOOTHIES

Whether you’re looking for a healthy meal replacement or craving a thirst-quenching afternoon snack, smoothies are often the ideal beverage to help you get the recommended nine servings of fruits and vegetables a day. They can also ramp up the fiber, vitamins and minerals in your diet. The key, of course, is make sure your smoothie packs plenty of nutrition without adding too much sugar.

There are so many options to add that really increase the nutrient value: fresh ginger, turmeric, beets, or green tea can be added even if you don’t like the flavor, it will be masked by the other ingredients.

### *Try these in your next Smoothie:*

**Protein:** Essential for helping our bodies function and to help keep us feeling full. Use a high quality protein powder, nut butter, flax seeds or chia seeds, or greek yogurt.

**Antioxidant-rich produce:** Fruits and vegetables provide important nutrients, including fiber and antioxidants. Include as many vegetables as possible, opting for produce that is fresh and in season.

**Healthy fat:** Nuts, seeds, avocado or low-fat dairy are solid choices.

**Ice:** Tossing a handful of ice cubes into your blender adds volume to your drink. A larger smoothie means more sipping time.



## COFFEE

There are some real benefits to drinking a couple cups of Joe. The case is stronger than ever. Study after study indicates you could be getting more from your favorite morning beverage than you thought. Coffee is chock full of substance that may help guard against conditions more common in women, including Alzheimer’s disease and heart disease.

Caffeine is the first thing that comes to mind when you think about coffee. But coffee also contains antioxidants and other active substances that may reduce internal inflammation and protect against disease, say nutrition experts from John Hopkins University School of Medicine.

Other benefits include:

- More likely to have liver enzymes levels within a healthy range than people who don’t drink coffee.
- You are less likely to develop heart failure when a weakened heart has difficulty pumping enough blood to the body.
- Less likely to develop Parkinson’s disease, but it may also help those with the condition better control their movements.
- Odds of developing colon cancer are less.
- You are not as likely to suffer a stroke.

There are so many delicious, healthy and healing recipes to give you energy, help you reap the rewards of good health.

# Raise a glass!

Try one of these recipes for your next cup of tea or smoothie!



## Antioxidant Fruit Smoothie

- ½ cup grapefruit
- ½ cup oranges
- ¼ cup kiwi
- ½ cup apples
- ¼ cup lemon juice
- ½ tsp fresh ginger
- ½ cup spinach
- 1 tsp honey
- 1 cup ice

Peel and seed all fruit. Add all items to blender, mix until smooth, and chill.



## Victorian Earl Grey Tea

- ¼ Cup Black Tea Leaves
- 1 Teaspoon Lavender
- 1 Teaspoon Marigold Flowers
- 1 Teaspoon Rose Petals
- 3 Ea. Hibiscus Leaves
- Local Honey to Desired Sweetness

*Medium levels of caffeine*



## Power Smoothie

- 1 banana
- ¼ cup pumpkin seed
- ½ apple
- 4oz scoop whey protein
- 1 tbs honey
- ½ cup peaches
- ½ tsp chia seeds
- ½ cup almond vanilla
- ½ cup ice

Put all items in blender and mix until smooth.



## Lavender Chamomile White Tea

- ½ Cup Chamomile Leaves
- 1 Teaspoon Lemongrass
- 1 Teaspoon Lavender Leaves
- ½ Teaspoon Orange Blossoms
- 1 Orange Peel
- Local Honey to Desired Sweetness

*A good bedtime tea!*



## Fiber Power Smoothie

- 2 oz pitted prunes
- ½ cup green kale
- 1 cup soy milk
- 1 peeled apple chopped
- ½ cup pineapple
- ¼ cup steel cut oatmeal
- 1 pinch nutmeg
- 1 pinch cinnamon
- ¼ cup plain yogurt

Add all items to blender and mix well. Chill before drinking.



*Great for the immune system*

## Caffeine Free Herbal Tea

- Lemon Ginger & Turmeric
- 1 Teaspoon Dry Ginger Root
- 1 Teaspoon Turmeric
- 2 Lemon Peel
- ½ Teaspoon Cracked Black Pepper
- ½ Teaspoon Licorice Root
- Local Honey to Desired Sweetness



# ADDRESSING CHRONIC PAIN

with **Patricia Pomareda**



**Nurse Practitioner**

Thursday  
January 5

3:30 pm  
Multipurpose Room

Registration Required  
561-495-2806

## CELLULAR APPROACH TO CHRONIC PAIN

Thursday, January 5  
3:30 PM MP

with **Patricia Pomareda, APRN. MSN NP-C**

Our comprehensive workshop address chronic pain from a functional medicine perspective. We will cover the following:

### The Chronic Pain Cycle

#### Mechanisms of chronic pain

- What is Neuroplasticity
- How to use neuroplasticity as a therapeutic tool

### What metabolic factors affect pain

- Mitochondrial dysfunction
- Gut Brain axis
- BMI and insulin resistance

### Nutritional factors that affect pain

- Vitamins, their role and which to consider
- Botanical anti-inflammatories

### Multi-modal therapeutic approaches

- Mind-Spirit-Body pain connection
- Pulsed Electro-magnetic Field Wave Form Energy
- Osteopathic Manipulative Treatment
- Acupuncture and Cranial Sacral Therapies

### Group Activity: Guided Meditation

- Reflective questions
- Action Steps
- Take Home Material