

BACK TO HEALTH: Your guide to better living
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Perfect Timing

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Perfect Timing

Summer is coming and it's the perfect time of the year to rethink your lifestyle habits. Motivation is a hard thing sometimes. Maybe you feel like you've "cheated" so many times you're starting to wonder if you could ever stick with it. Or, maybe you just get in the "rut" of eating the same things all of the time and you get burn out. Just as when exercising, if you are not eating a variety of foods or modifying your routine from time to time, you will experience what is known as the "plateau effect". The plateau effect is where you seem to hit a stumbling block in your fitness achievements. Maybe you've stopped losing weight or can't seem to build more muscle. Everything just seems to flat line. In the realm of eating, maybe you're just plain bored.

Summertime is a perfect time to change all of that! The "simple" act of initiating change in your lifestyle is 50% of the battle. The other 50% is sticking with it!

1. Continuously educate yourself so you don't fall prey to apathy. Education is a major key to staying motivated and purposeful. It also gives you the tools to discern through all of the information that is spread throughout the nutrition field. This is why we are committed to providing educational newsletters. We know that education is key.
2. Surround yourself with others who are like-minded. Get a buddy or spouse to help you stay motivated and who will join the quest for health with you...not someone who will encourage temptation or drag you down.
3. Take advantage of Summer! If you have strayed from healthy lifestyle habits and don't know what to do...now's your time! There are many reasons why it's easier to make these changes in the summer.
 - a. It's easy to get out and get active.
 - b. Better access to wider varieties of FRESH fruits and vegetables.
 - c. Sunshine improves your mood.

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TUNA FRITTATA

Serves 4

Ingredients:

8 eggs
12 oz cooked flaked tuna

Instructions:

Preheat oven on high broil. On the stove top, heat a deep, oven proof skillet with 2-4 tablespoons of oil on medium. [try using coconut oil!]

Prepare eggs like you would if you were to scramble them. For example: Break them into a bowl, add about 1/4 cup of water and salt and pepper. Whisk. This is the way we prepare scrambled eggs and they are very good this way. Most people tend to use milk but we like them much better prepared with water, salt and pepper. They are much lighter.

Pour eggs into heated skillet and allow the bottom to cook. Take a spatula and scoop the solid egg in from the edges and allow what's left of the liquid egg to pour down under it so it can become solid [very similar to how you cook an open faced omelet]. Work the spatula all the way around the skillet and do this until you don't have much of the liquid egg left.

Once enough of the egg is cooked, sprinkle the flaked tuna over the top and place in the oven to broil for about 8 minutes or until the top of the egg is cooked [i.e. not runny anymore].

You can also add sautéed peppers and onions to the topping when you add the tuna. Chopped tomatoes are good too.

Starting Anew

Here are a few tips to starting fresh this summer:

1. **Schedule it!** Set aside time every Sunday night to get an idea of what you plan to cook the rest of the week. Also, plan your exercise routine. If you haven't been exercising, plan 3 days this week to get some aerobic exercise. Mark it on your calendar.
2. **Drink it!** Every day, you need to drink 1 liter of water per 50lbs of body weight. Fill a jug with the total amount of water you need to drink for that day...keep it in the refrigerator and before you go to bed, make sure you have finished it all!
3. **Don't buy it!** Don't buy food to store in your home that you know you should not be eating. If it's not in your house, the temptation will not be there which lessens the chance that you'll eat it! There are so many good things to snack on during the summer. Take advantage of all the fresh fruits and vegetables.
4. **Forget it!** Everyone needs their "time out" each day. Sleep is one of the most ignored tenets of health. Sleep deprivation can cause you to eat more because it sometimes makes you feel cold and less energetic. Many mistake these feelings for hunger. If you're not getting quality rest at night, consider these few items:
 - a. Exercise. People who regularly engage in exercise have fewer episodes of sleeplessness. Exercise promotes improved sleep quality by allowing smoother and more regular transition between the cycles and phases of sleep.
 - b. Can't turn your brain off when you lie down? Try taking Valerian Root before you go to bed. This herb is a natural muscle relaxant and is non-habit forming. One of our favorites is "Formula 303" by Dee Cee Labs. You can purchase Formula 303 thru our office, at your local health food store or online.
 - c. Skip the dairy. Dairy can affect your breathing by inflaming nasal passages inhibiting the flow of oxygen. If you're not getting adequate oxygen while sleeping, it can affect the quality of your sleep. Make sure you're getting calcium from other sources though.
5. **Take it!** If you haven't been good about taking supplements, make a commitment to take at least good multiple each day. Think you may need more but not really sure what you should take? We can help. Using certain diagnostic tests we can help you determine what supplement YOU need to take and if the brand is working for you.

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ALL NATURAL PASTA SALAD

Dressing

½ C extra virgin olive oil
 1/3 C organic lemon juice
 ½ t. garlic powder
 ½ t. sea salt, optional
 1 t. lemon pepper
 1 t. Italian seasonings
 1 t. black pepper
 2 cloves garlic, minced

1 pound bowtie or spiral whole grain pasta, cooked tender but firm
 1 cucumber, chopped
 1 cup tomatoes, diced
 1 medium red onion, chopped
 ½ C. fresh parsley, chopped*
 8 oz. Feta or Romano cheese, from organic goat or sheep's milk, optional

Whisk all of dressing ingredients together. Toss ½ of dressing with warm pasta. Add cucumber, tomatoes, red onion, parsley, and remaining dressing to pasta. Toss to coat well. Gently fold in cheese (optional).

Can be refrigerated for up to 1 day. Best served at room temperature or slightly warm.

Note: you can make extra dressing and add to pasta for more flavor which we always do! If so, add before you fold in the cheese.

*Use FRESH parsley. The dried variety just isn't the same.

Don't Guess About Your Health...

Schedule a Nutritional Consultation Today!

Primary Care & Chiropractic Center is located at 9299 S. Broadway, Suite 100, Highlands Ranch, CO 80129. To make an appointment for a nutritional consultation, please call 303-683-3377

We provide this monthly newsletter free of charge.

Federal Law requires that we warn you of the following:

1. The information provided in this article is for educational purposes only.

2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice.

Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.