

Wellnecessity News...

Wellnecessity... Because Wellness is a Necessity

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About Us...

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Mary Jo provides counseling to individuals who are looking for a holistic approach to better health and well-being. She incorporates traditional Eastern and cutting-edge Western nutritional perspectives that can easily be applied for healthy lifestyle changes. Her areas of focus include diabetes, celiac disease, rheumatoid arthritis, fibromyalgia, weight loss, women's hormonal issues, and children's health.

Autumn Reflections



It's harvest time and there's so much change taking place right before our eyes! However, at the frenetic pace which many of us live, it's easy to miss some of the obvious, not to mention the more subtle changes going on. It's not just the leaves that are changing, so are our bodies and its needs.

This time of year is

when we see the fruition of all the seeds we've sown throughout the year and by now you've seen the wonderful array of fruits and vegetables that the earth is providing us.

Imagine this - years ago these foods were the very things that would sustain families throughout the whole winter! With all of the conveniences we enjoy today- it's hard to imagine anyone ever had to think about that. Now consider this - with all of our advancements our culture has become extremely disconnected to the rhythms

of the seasons, our foods, and our bodies! So, I'll ask you; "Do you think that there is any relationship between this disconnect and the increase in our struggle with our health and well-being?" I believe there is.

So, I urge you to look at this fall season with new eyes. As you watch the leaves change and fall, the days get shorter, and the temperatures chill, think about what your body may need differently at this time of year. I hope you will read on for some of *my* ideas and as always I hope they will help you be well!

Mary Jo

Food Focus—Root Vegetables



The fall harvest brings an abundance of root vegetables. These vegetables are extremely important in our diet at this time of year. Like the roots of all plants which provide its anchor and foundation, root vegetables supply us with similar properties when we eat them. They can make us feel rooted and grounded while also increasing our stamina,

endurance and stability. This time was traditionally one of hard work, harvesting the fields and preparing for the winter's rest and these vegetables are the earth's way of supplying us with the necessary nutrients to accomplish all that needs to be done. *It's really that simple!* Root vegetables are a great source of complex carbohydrates

and a natural steady source of sugars for the body. They help to regulate blood sugar levels when eaten instead of refined sweets. By the way, this is a great trick to help alleviate sweet tooth cravings!

Remember to include root veges in your diet this winter.

Children's Health Corner—Healthy Snack Options

The kids are back to school and the novelty has worn off for everyone! Packing snacks, lunches and doing homework is now just part of the routine. Many of us struggle with finding the healthiest options to feed our families. This is only complicated by our desire to not incite the typical "I'm not eating that!" or "There's nothing to eat in this house!" I know that most of you with children can relate to those words.

Most of you have seen the snack food labels "No Trans Fats" and are thinking "Well, these must be healthy..." The

truth is - usually their not! Trans Fats are hydrogenated or partially-hydrogenated oils that have been altered. The reasons manufacturers use them are that they are extremely inexpensive and their shelf life will last until the end of time! The downside for consumers is that they are unnatural and the body has no idea what to do with them when consumed. They are toxic and research has now linked them to many chronic health conditions. The biggest problem is that they are present in virtually all baked goods and junk food. So when we see labels that claim

"No Trans Fats" look for the fine print under those words. Usually it says "per serving" and that means Trans Fats are still in the product. By law the label can say "No Trans Fats" if there is less than 0.5 grams per serving. So now by decreasing serving sizes and misleading labels, we are actually consuming much larger amounts and are completely unaware. Read your labels!

So - here are a few suggestions for creating your own healthier snacks at home. Be creative!

Dried Fruits & Nuts/Seeds - buy raw and organic whenever possible. Pan roast nuts and/or seeds (oil optional) and add flavorings that your family will enjoy. Try agave nectar and cinnamon for a sweeter flavor or tamar, soy sauce, olive oil, lemon, pepper and other seasonings to suit your tastes. Also try a variety of nuts and seeds. For fall, try walnuts, pecans, almonds, cashews, flax, and pumpkin.

Fresh Fruit - in season varieties are best. For fall, try apples, pears, citrus, grapes (try frozen). You can use organic non-fat yogurt or nut butters for dipping.

Veges & Dips - cut up veges and have a variety of dips. Some ideas are avocado/guacamole, hummus or salsa. All of these can be prepared at home without the preservatives and additives of commercial brands. Use organic extra-virgin olive oil to prepare.

Smoothies - these are a favorite in our house because its easy to create flavors that suit every taste. Use fresh fruits, nuts or nut butters like peanut, almond or cashew, along with juice or a dairy alternative like soy, almond, rice or hemp milk. For a sweetener you can add stevia or

agave nectar to taste.

Wraps - Use whole grain tortillas with a variety of fillings. Choose caesar salad or other veges with lean meats, tuna or shrimp. Use mustard, oil & vinegar or hummus for added flavor. Try preparing an extra serving or two of your dinner's protein, like chicken or shrimp to have on hand for these snacks.

Mini Pizzas - Use whole grain tortillas or pita breads with tomato sauce. You can top with fresh or left-over veges, organic mozzarella or a dairy alternative if desired.

We believe that **WELLNESS** is more than just good physical and mental health.

A "well" life is **PURPOSEFUL, BALANCED** and **HEALTHY**.

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NECESSITY!

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in finding out how holistic
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lifestyle coaching can work for
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