



Hands of Health Newsletter

October 2012

Hello, again:

Fall is here and it's a great time to get out and enjoy the great outdoors. Enjoy this recipe, too!

The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into manageable tasks, and then starting on the first one. - Mark Twain

Food Focus: Natural Sweeteners

Who among us doesn't love sweets? The sweet flavor releases serotonin in our brains, the chemical responsible for our sense of well-being and contentment. But when it comes to sweeteners, not all are created equal. There are side effects and health risks from refined sweeteners like white table sugar and high-fructose corn syrup, and from artificial sweeteners like NutraSweet, saccharin and Splenda. Since refined sweeteners have been stripped of vitamins, minerals and fiber, they can spike blood sugar, which can often lead to cravings and mood and energy fluctuations. Instead, using naturally and minimally processed sweeteners can reduce cravings for sugary things.

Here are a few natural sweeteners to substitute in drinks, food and baking. Since they are all approximately 1.5 times sweeter than refined sugar, you can use less. You can find them in most supermarkets or natural food stores. When replacing sugar with liquid sweeteners in a recipe, reduce the amounts of other liquids.

Raw Honey - Everyone seems to love honey, one of the oldest natural sweeteners on the market. Honey will have a different flavor depending on the plant source. Some are very dark and intensely flavored. Wherever possible, choose raw honey, as it is unrefined and contains small amounts of enzymes, minerals and vitamins.

Agave Nectar - Agave is made through the extraction and purification of the juice of the agave cactus. It does not stimulate insulin secretion as other sugars do, so it does not create a "sugar rush." It has a delightfully light and mild flavor.

Maple Syrup - Maple syrup is the concentrated extract of the sap of maple trees. It adds a rich, deep flavor to foods and drinks. Make sure to look for 100% pure maple syrup, not maple-flavored corn syrup. As with all sweeteners, organic varieties are best.

Adapted from "The Cane Mutiny," New Age Magazine, March/April 1999.

Food Focus: Root Vegetables

The roots of any plant are its anchor and foundation; they are the essential parts that support and nourish the plant. Root vegetables lend these properties to us when we eat them, making us feel physically and mentally grounded and rooted, increasing our stability, stamina and endurance. Roots are a rich source of nutritious complex carbohydrates, providing a steady source of necessary sugars to the body. Instead of upsetting blood sugar levels like refined sweet foods, they regulate them. Since they absorb, assimilate and supply plants with vital nutrients, roots likewise increase absorption and assimilation in our digestive tracts.

Long roots, like burdock, carrots, parsnips and daikon radish, are excellent blood purifiers and can help improve circulation in the body and increase mental clarity. Round roots, like turnips, radishes, beets and rutabagas, are nourishing to the stomach, spleen, pancreas and reproductive organs and can help regulate blood sugar and moods, and alleviate cravings.

Recipe of the Month: Roasted Root Vegetables

Prep time: 10 minutes

Cooking time: 25-35 minutes

Yield: 4-6 servings

Ingredients:

1 sweet potato
2 parsnips
2 carrots
2 turnips or 1 large rutabaga
1 daikon radish (or substitute/add in your favorites, like squash)
olive oil
salt and pepper
herbs: rosemary, thyme or sage (fresh if possible)

Directions:

1. Preheat oven to 375 degrees.
2. Wash and chop all vegetables into large bite-sized pieces.
3. Place in a large baking dish with sides.
4. Drizzle with olive oil; mix well to coat each vegetable lightly with oil.
5. Sprinkle with salt, pepper and herbs.
6. Bake uncovered for 25-35 minutes until vegetables are tender and golden brown, checking every 10 minutes to stir and make sure veggies are not sticking.

Note: Any combination of vegetables will work. Roasting only one kind of vegetable also makes a nice side dish.

Forward to a Friend

It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

Take care and remember you are welcome to schedule a FREE health history consultation with me so be sure to ask yourself “What is it I’d like to achieve for my better health and wellness?” “What am I willing to do to reach those goals” “How truly committed am I to make that happen?” Also, remember you can go to my website, www.myhealthcoach.co and download a FREE health and nutrition book “Integrative Nutrition: Feed Your Hunger for Health and Happiness”.

Until next time,

Stay healthy, stay well



Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure. ~Oprah Winfrey

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