

Seasonal Health Tips

Spring 2013

It's the perfect time to reignite your motivation by breaking away from your redundant gym routine and embracing the great outdoors. Read on for some tips for healthy living at this time of the season.

THE KEY TO PREVENTING MOLDY BERRIES

Fresh berries are low in calories, high in fiber and they contain vitamins and minerals your body needs to function normally.

Many times we are reluctant to stock up on fresh produce as they are prone to becoming moldy fast. However, there are some steps you can take to prevent mold growth.

When you get your berries home, prepare a mixture of one part vinegar (white or apple cider) and ten parts water. Dump the berries into the mixture and swirl around. Drain, rinse if you want (though the mixture is so diluted you won't taste the vinegar), and pop in the fridge. The vinegar kills any mold spores and other bacteria on the surface.



Raspberries will last a week or more, and strawberries go almost two weeks without getting moldy and soft.

ENERGY BITES

In need of a healthy energy snack to take along on a day hike or to rejuvenate after a workout? Try these energy bites!

NO-BAKE ENERGY BITES

(makes 18-20 bites)

Ingredients:

1 cup oatmeal
1/2 cup peanut butter
(or other nut butter)
1/3 cup honey
1 cup coconut flakes
1/2 cup ground flaxseed
1/2 cup mini chocolate chips
1 tsp vanilla



Directions:

Mix everything above in a medium bowl until thoroughly incorporated. Let chill in the refrigerator for half an hour. Once chilled, roll into balls and enjoy! Store in an airtight container and keep refrigerated for up to 1 week.

GETTING OUTSIDE

AllTrails can help you find places in close proximity for outdoor adventures, including hiking and biking in the warmer months and skiing in the winter months.

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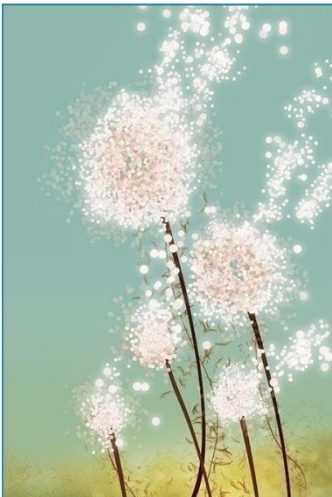
Visit their website to register www.alltrails.com or download their free app in the App Store.



"Be a traveler, not a tourist.

*Try new things, meet new
people, and look beyond
what's right in front of you.*

*Those are the keys to
understanding this amazing
world we live in."*



HOW TO NATURALLY REPEL MOSQUITOS



For any occasion

Combine 1 1/2 oz. of garlic juice with 8 oz. of water in a spray bottle. Spray your skin, patio furniture and other areas where mosquitoes are present. Keep mosquitoes away by saturating strips of cloth with the garlic solution and hanging them outdoors.



When camping

Add bunches of dried sage to your grill or fire pit. Allow the sage to burn and the smoke to waft through the air as a natural mosquito repellent.



For children

Mix 10 drops of eucalyptus oil, 2 tbsp. olive oil and 8 oz. of water in a spray bottle to make a moisturizing mosquito repellent for children. Reapply the repellent as needed throughout the day.



PERCEPTION IS REALITY: WINTER VS. SUMMER

Practice Manager, Jordan Mann, explains how her perception of stress in the winter tends to be greater than in the warmer months. Not only are the days shorter and the nights colder, but we lack sunlight and Vitamin D.

Thus, for most people, as the quantity and quality of light changes we tend to feel less energetic and motivated. As it gets dark earlier, we are less likely to obtain sunlight, engage in outdoor activities or attend social events.

It may seem like we have less of a work-life balance. So our perception of stress may increase, even though we are working the same hours and taking on the same amount of responsibilities, workload and every day stressors.



PROVIDER TIPS

Vitamin D - Dr. Lisa Corbin suggests taking 1,000 units of Vitamin D daily in the winter.

Eating for the season - Dr. Daisy Dong suggests eating warming foods, such as spices (ginger, onions) and more protein (beans, egg whites) in the colder months. She says these types of foods are known to help strengthen the immune system. During the spring months, eating fresh vegetables and high fiber foods (beans, pears, salads) are recommended. She says these signify growth in the Chinese culture.