

Women's Nutrition Matters Monthly

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FIRST EDITION

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Welcome to Autumn!! This weather brings out the best in all of us, don't you agree? With the kids back in school, many of you have extra time to cook and exercise and simple "be". Take advantage of every blessing! I hope you find this e-newsletter informative and inspiring—pass it along to all who will benefit from it.

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YES, YOU MUST EXERCISE!

It seems that everyone is remarking how quickly the summer has flown by. But autumn is my favorite time of year, and being that the gardening season was somewhat lackluster, I welcome fall with open arms---and a rake! This is a season to kick up the exercise, what with the cooler temps and kids in school. It is also a time to transition from cool, raw salads, to warm soups and more cooked foods as the body prepares for colder weather. The appetite often increases with the cooler weather, so be aware and ready!

Even as the days get shorter, we can't use this as an excuse not to exercise. Whether it's a brisk walk before work, 30 minutes of raking leaves or an exercise video in the evening, we must plan our activity every day. If the kids have soccer practice, grab the dog and walk around the fields. Walk on your lunch break! Whatever "moves you", just do it. Plan ahead. For me, I set my alarm for 4:45. I have my clothes laid out for work and exercise, my lunch is packed with leftovers from the night before, and I head out before sunrise with both dogs in tow (and a flashlight!). I clock 45 minutes of brisk walking every morning and I catch the sunrise -- a great way to start my day.

Not interested in outdoor exercise? Pop in an exercise video while the coffee is brewing and the kids are still sleeping. Hit the floor and give me 20 minutes of Pilates core strengtheners. Get a hula hoop and use it! Skip rope. The state parks are all free now that Labor Day is passed, so grab the bikes and the kids and head out for some fun! Walk up and down the stairs for 20 minutes with your I-tunes on. Dance like no one is watching. Create something that gets you moving, preferably first thing in the morning. Why? Two reasons: first, if you exercise in the morning, you are done for the day. Second, you stand a really good chance of having a better day having exercised in the morning. Exercise gets your blood flowing, gets your brain oxygenated, and lifts the spirits like nothing else I know of. Quite simply, exercising in the morning has you starting your day feeling good about yourself. This is a good thing! Please, if you are afraid of exercise, call me. Email me. It is the wonder drug. It allows you to eat more. It helps you relax. It relieves depression and PMS. It's great for diffusing bad

feelings and stress by increasing endorphins and serotonin and decreasing cortisol and adrenaline. Exercise burns calories, duh! I beg you, not another excuse as to why you simply cannot exercise (barring injury, of course). You know and I know, it is, well, an excuse. Move it or lose it. Call me if you want more encouragement. But seriously consider making it a part of your day, just like brushing your teeth. There is no better time than NOW.

SWITCHING GEARS FOR FALL

Summer really has flown by, and it is hard to believe that tomatoes and cucumbers will soon be but a fond memory. At the High Bridge Farmer's Market this morning, there was the first appearance of winter squash and late season melons. It is time to change our eating patterns to make ready for the cooler weather. In Ayurvedic terms, summer continues through October, to be followed by winter. Where some of the food choices remain the same in our autumn, our preparation changes as the temps fall. This is the season for roasting the last of the zucchini, eggplant and fall onions. It is the time for fall crops of kale and spinach to take the place of cooling summer greens. As the days grow shorter and the air cooler, we find our appetites are not satisfied with another cool salad. Our bodies crave slightly heavier, warmer foods. I find that fall is a great transition time where you can blend the last of summer's goodies with heartier fare like cooked greens and grains. For example, adding chopped tomatoes and cucumbers to cooked grains and herbs can create your own version of tabouli. Or, add warm, cooked rice or quinoa to your green salad along with cooked beans, canned fish or leftover grilled chicken. Organic canned beans can be found in most supermarkets, and they are wonderful additions to salads and soups. Speaking of soups, nothing satisfies like a warm bowl of soup on a fall day. Spend an hour on the weekend, and have a kettle of soup to last you all week. Visit your local library and seek out a new cookbook or two, or check out EatingWell.com for the best recipes for the season.

The air will be getting dryer as we move farther away from summer. Now is the time to start a skin care regimen that will protect your skin from the harsh weather to come. Consider taking fish oil supplements if you are not already doing so. [Nordic Naturals](#) is the brand I recommend and sell simply because they are the best. Not only will you be lubricating your body from the inside out, you will be protecting your heart as well. Email me or call if you need to place an order—next order will be going out in October.

Dry skin brushing is something that I have talked about in the past, but it is worth mentioning again. By brushing the skin and removing the dead cells, you are giving your skin, the largest detoxification organ, a chance to do its job better. Skin brushing also stimulates the drainage of lymph which is also paramount to removing toxins from the body. And lastly, skin brushing will help preserve your summer tan! Be sure to follow up the skin brushing with a brief warm shower, and a healthy dose of moisturizer. A light oil is good as well, perhaps scented with a nice aromatherapy blend. For those of you who like coconut, organic, unrefined coconut oil is not only delicious to eat on toast; it is simply delectable as a moisturizer. I like [Nutiva](#) oil the best for flavor and skin care.

It is important to keep your body hydrated, everyone knows that. 8 glasses of water a day is what we have been taught. Realistically, this is difficult for many people. To more accurately assess your fluid needs, do this simple calculation: your WEIGHT divided by 2= the amount of water you need daily in OUNCES. In other words, if you weight 150 pounds, you would need roughly 75 ounces a day. Our thirst mechanisms do not work as well in cooler weather, so be

mindful of how much fluids you consume. If you can't possibly drink that much fluid during the day without spending all day in the bathroom, consider eating more hydrating foods such as watermelon, cucumbers, tomatoes, peaches---you get the idea. Also, herbal tea, organic broths and smoothies all count toward your daily allotment. Drink up!

FOOD FOCUS- APPLES AND PEARS

The unusual weather has cut short our tomato season, and the peaches are almost a memory as well. I hope you were able to put up some fruits in your freezer for a mid-winter treat! I have the downstairs freezer packed with berries and peaches, ready for cobblers and pancakes in February.

This month brings us the earliest varieties of apples, my favorites, the Paula Reds, the Jonagolds, and Galas. I remember years ago when my daughter, Elin and I would eat an entire bag of Paula Reds in a day---they are that good (saving the cores for the horses, of course). Local pears are appearing in the markets, too. Don't be put off by the spotty exterior of these pears---they probably are not sprayed with poisons! Organic pears will often show evidence of a mild blight or fungus which appears as small dots or patches on the skin. This does not hurt the fruit; it just makes them look less than perfect. Just wash and eat, or peel them if you like.

Apples and pears are the perfect portable snack food/ They are filled with antioxidants, flavonols, vitamin C and low in calories. They contain both soluble and insoluble fiber, so they are good at keeping your cholesterol low, and keeping your intestinal tract running smoothly. Try to make sure you eat the skin of organic fruits as well, as this contains the most vitamin C and insoluble fiber. Speaking of organic, apples are high on the list of the Dirty Dozen- fruits with the highest pesticide residues, as published by the Environmental Working Group. Try to buy organic. Please know that getting organic certification is very expensive, hence the inflated prices. Ask your local orchardists when and if they spray their crops. Many of them spray only early in the season before the fruits set, making the fruits much less contaminated and safer to eat. Meanwhile, if your apples and pears are not organic, please scrub them well with a vegetable brush and some soapy dish detergent. This will remove much of the wax and sprays. Many people store their apples and pears at room temperature, but I find that apples quickly lose their crispness this way. Stored in a root cellar or refrigerator, apples maintain that juicy crunch for several weeks. Pears, on the other hand, should ripen on the counter until fragrant and just mildly soft. Then it is time to move them to the fridge.

Need a healthy after-school snack? Wedges of pears and apples with nut butter or organic cheese! Whir up some cashew, almond or sunflower nut butter in your Vitamix and serve with a plate of fruit wedges. This is my favorite, as it combines the crunch and sweet of the fruit with the richness and fat of the nuts. Mmmmm. For great organic, artisan cheese in the New Jersey area, check out [Valley Shepherd Creamery](#) in Long Valley. It's a great place to visit and the cheeses are truly wonderful. (And the kids love watching the sheep!)

Apple sauce and pear sauce are so easy to make. It smells great in the kitchen, and it is sure to be a hit over organic ice cream. Simply dice up some fruit and add to a sauce pan with a ½ inch of water or apple juice. Add a generous sprinkling of cinnamon or apple pie spice and simmer, covered, until the fruit is soft and can be gently mashed to the desired consistency. This is fabulous alongside roasted chicken, stirred into organic plain yogurt, or served over your favorite ice-cream-like dessert.

RECIPES OF THE MONTH—APPLES AND PEARS

Apple-Carrot Elixir

This is a favorite juice of ours, refreshing and full of antioxidants!

Juice 5-6 large, organic carrots, 2 stalks of celery, 2 organic apples. If it is cool, and you need some warming up, add ½" piece of fresh ginger. Enjoy!

Cheddar, Apple or Pear Melt

(adapted from eatingwell.com)

1 whole grain English muffin (I prefer Ezekiel sprouted grain E.M.)

2 tsp. all-fruit jam

4 thin slices of organic apple or pear

2 slices of organic Cheddar cheese

Top muffins with jam, fruit slices, then cheese. Broil or put in the toaster oven until cheese melts. This is an easy breakfast or after-school snack.

Diane's Easy Apple-Pear Crisp

I do not measure the ingredients for this crisp, which I use for breakfast or dessert. It always seems to come out fine!

In a large bowl, slice up enough fruit to fill a medium sized baking dish, leaving room for the topping. To the fruit, stir in 2-3 T whole wheat flour, a generous shake of cinnamon, and the juice of ½ a large lemon. Mix well and add to the baking dish (spray with cooking oil first!). Add approximately ½ cup of water or apple juice to the dish, enough to cover the bottom. Now for the topping: mix 1 cup rolled oats, ½ cup brown sugar, ½ cup whole wheat flour, and 1 T cinnamon. I usually add 1-2 T of flax seed and wheat germ as well, for added nutrition. You can experiment and add chopped nuts, too. Mix well. To make it crumbly, you add either organic butter or oil, your choice. Work it in with 2 forks or your fingers, to form a crumbly mix. I would estimate about ½ cup. Spread the topping onto the fruit, and bake in a 350 degree oven for about 30 minutes. The fruit should be soft, and you should see the liquid bubbling up at the sides.

For more great apple (and pear) recipes, check out

http://www.eatingwell.com/recipes_menus/collections/healthy_apple_recipes

A MOMENT OF GRATITUDE

It has been a difficult summer here in the Lassen household, as we experienced the loss of our two dogs, each within a month of each other. Although we have 2 new canine additions to the family, it is always stressful to acclimate new dogs to a new home. Vacations canceled and crazy work schedules really left us feeling a bit depleted and run down. As we move into fall, Sandy and I are trying to really eat healthier and cut out caffeine and what little sugar we do eat. We are either juicing or drinking green smoothies every day. We are taking time to appreciate each other and the blessings we have been given. I hope that all of you take the time—in this difficult economic time—to recognize the

blessings that you have been given. Take the time to express gratitude to your loved ones, and appreciate them for being the unique and wonderful people God has placed in your lives. Nourish your families with praise and good, healthy food. Spend more time together, and build memories around wholesome meals and simple things like walks in the woods. Breathe deeply the cooler air of autumn, and revel in the colorful leaves and fall flowers. Namaste.

CONTACT ME!

Please let me help you to work toward your health goals. Whether it is to lose weight, create a healthy meal plan for your family, or to avoid chronic disease, I can teach you the skills to last a lifetime. Call me or email me today for a free consultation.

Do you have a small group that would like to work together toward the goal of better health and wellness? Let's meet at my house. Group is starting up again soon on Tuesday nights and possibly Saturday afternoons. Interested? Call me!

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references upon request!