



The Coaches Corner

Inside this issue:

| | |
|-----------------|-----|
| Foam Rolling | 3 |
| Spice Things Up | 4-5 |
| Healthy Recipes | 6 |

Spring Cleaning for Your Body

Spring is here, which means summer is right around the corner. Many people are focusing on how to take off the winter weight and get ready for swimsuit season. Health and wellness experts always recommend eating healthier foods, exercising and getting plenty of sleep to lose weight, but what if your idea of a weight loss plan is more extreme? You might be thinking if you try a fast you'll not only lose weight, but purify your body as well. Maybe you hope that detoxifying your body will improve energy levels, reduce the bloated feeling, eliminate allergies and overall help you feel healthier. But where do you start and how extreme do you need to be with the process?

There are many detox "diet" plans on the market and being well informed is your first step in the process. Many plans require herbal supplements, pills, potions and/or fasts to rid the body of impurities. Limiting your body of needed nutrients and calories can lead to low energy, low blood sugar, muscle aches, fatigue and a general sense of misery. More importantly, it could lead to a slower metabolism, which is generally not the desired outcome.

Is fasting healthy?

Fasting in its purest form is just limiting your intake to nothing other than water. People have been fasting for centuries and many religions call upon their

followers to fast as a rite of spiritual purification or penitence. Our bodies fast every night, but fasting for longer than a few days can be harmful to the body. All medical experts agree that fasting can do the body more harm than good and there is no scientific proof that it will help to eliminate built-up toxins. The body, by certain functions, detoxifies itself naturally. The liver is a detox center; the lungs, the colon, the kidneys, and the skin all rid the body of toxins. If you have liver or kidney issues, have a compromised immune system or are on medication it can be quite dangerous to fast. Aside from having harmful effects on your body, fasting can take away from the importance of eating smaller portions, choosing healthier foods and exercising regularly in order to lose weight and keep it off.

The healthy way to rid your body of toxins and lose weight.

There are alternatives to detoxifying your body and losing weight that are easier and healthier to follow. Most nutrition experts agree that clean eating is the best way to cleanse your body of toxins. Clean eating is consuming food in its most natural state, or as close to it as possible. This includes consuming lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate at every meal. You should also drink at least 2 liters of water a day and

How do I know if I need to detox my body?

- You feel tired, sluggish or lethargic
- You have difficulty concentrating or staying focused
- You catch colds easily
- You often have bloating, gas or indigestion after eating
- You usually have dark circles under your eyes
- You have allergies
- You have eczema, acne or psoriasis
- You often suffer from constipation
- Current or former smoker, or spend time regularly around smokers
- You drink less than 3 cups of water a day
- You usually eat meat two or more times a day
- You eat less than one serving of green vegetables a day

limit your alcohol intake. With this plan it is possible to clean your system of toxins, lose weight and improve your eating habits all at the same time.

When preparing to start a detox plan, you should know how long you will detox and how the plan fits into your schedule. If you have travel coming up, you might want to wait until you get back so you can stick to the routine. Next, you want to slowly start to eliminate certain foods such as alcohol, sugar, dairy, wheat, artificial sweeteners, trans fats,

**"If you do what you've always done, you'll get what you've always gotten."
-Tony Robbins**

Spring Cleaning for Your Body *continued...*

and packaged, boxed, canned or fast food. To avoid caffeine withdrawal, slowly cut back on the amount you drink and combine caffeine and decaf products to get off caffeine altogether. If you don't already, make sure to consume more water. Cleansing the body requires ample amounts of water to flush your system.

Foods to consume to help detox the body.

Certain foods can naturally neutralize and eliminate dietary and environmental toxins from the body. These foods can support, or even speed up the process, by providing antioxidants, vitamins, minerals, essential fatty acids and fiber. Detox diets may vary slightly but most include similar options. See "Foods to Include" box.

One important thing to remember when trying to lose weight and "spring clean" your body is that there are extreme plans on the market that are not only a waste of money, but also can be dangerous. This author is a firm believer in keeping it simple and as close to natural as possible. By eliminating certain foods and adding more whole foods, you can achieve your desire to lose weight and improve your health in the process. And possibly change some of your eating habits for good.

Foods to Include

| | |
|-----------------------------|---|
| Fruits: | Fresh or frozen fruits Unsweetened, natural juice Dried fruit - unsweetened, in limited amounts, such as cranberries, dates, raisins, goji berries |
| Vegetables: | Broccoli, cauliflower, broccoli sprouts, onions, garlic, artichokes, beets, and dark leafy greens such as kale, collard greens, and swiss chard. Sea vegetables, including kelp, nori sheets, wakame |
| Grains and Starches: | Rice, especially brown rice, quinoa, buckwheat, millet, amaranth, wild rice, oats Whole grains are preferred, but products made from the above may be allowed, such as brown rice pasta, pure buckwheat noodles, rice crackers, and bread |
| Beans and Legumes: | Split yellow and green peas Lentils Adzuki beans |
| Nuts and Seeds: | Almonds, cashews, walnuts, sunflower seeds, pumpkin seeds, sesame seeds, chia seeds, hemp seeds, hemp nuts, coconut (especially young coconuts), tahini Nut and butters made only with above ingredients Peanuts and peanut butter not usually recommended Choose unsalted, raw nuts and seeds |
| Oils: | Cold-pressed, extra-virgin olive oil, hemp oil, flax oil, chia oil, almond oil, avocado oil, coconut oil Safflower, sesame, and sunflower oils in limited amounts (due to omega-6 fatty acids) |
| Beverages: | "Milks" made from allowed foods, such as rice milk, almond milk, hemp milk Coconut milk (not canned) Water, herbal teas, green tea, lemon water, unsweetened juice made from allowed fruits and vegetables Mineral or seltzer water - in limited amounts |
| Sweeteners: | Brown rice syrup, erythritol, stevia, real maple syrup, raw honey, black strap molasses |
| Condiments: | Apple cider vinegar, miso (small amounts), black olives, lemons and limes, fresh and dried herbs and spices, cacao powder and cacao nibs, carob powder, sea salt, mustard, wheat-free tamari (in limited amounts) |
| Animal Protein: | Detox diets differ on the question of whether to include animal protein. If it is included, foods may include: Organic turkey, organic chicken (preferably pastured) Wild, cold-water fish, such as Alaskan salmon Lamb Wild game, such as venison, buffalo, ostrich |

Sample Menu Ideas

Breakfast

Fresh fruit
Gluten-free oatmeal
Herbal tea, spice tea or green tea

Lunch

A salad with your choice of vegetables such as arugula, cucumbers, onions and steamed beets
* Make a simple dressing using 2 teaspoons of extra virgin olive oil, 2 teaspoons of fresh lemon juice, and an optional 1 teaspoon of fresh-chopped herbs
Lentil soup

Snack

10-15 raw almonds
Apple or pear with 1 tablespoon raw almond butter
Carrot, celery and/or cucumber sticks with hummus

Dinner

Brown rice or quinoa
Steamed salmon with fresh herbs and lemon with bok choy
Vegetable curry with brown rice
Broccoli soup
Black bean salad with quinoa
Thai cashew vegetables with quinoa



Fitness Spotlight

Foam Rollers

You may have heard people discussing the use of foam rollers to help relieve muscle pain or as a way to warm up and stretch before a workout. They may have even used the phrase “hurts so good.” Foam rollers are an important part of your workout for many reasons and any individual who exercises should invest in one.



Benefits of using a foam roller:

- Relieves muscle soreness and joint stress
- Improves joint range of motion
- Improves muscle imbalances
- Improves muscle flexibility
- Increases flexibility of the connective tissue
- Maintains normal functional muscular length

Important things to remember when using a foam roller:

- Find a tender spot and roll over the area until the pain diminishes by 50-75 percent. If the pain persists, discontinue, as continuing to roll can cause muscle tightness.
- Move on to the next area slowly until you find the next tender spot and repeat.
- When the area is free of pain and can be rolled over, then continue to roll regularly to keep the area relaxed
- Use the roller as a warm-up prior to activities and after a workout to relieve muscle tension and increase blood flow.

There are many areas of the body that benefit from rolling, but here are a few areas that require rolling regularly to prevent or treat muscular issues:

IT Band

Position yourself side lying on foam roll with your belly button pulled in tight. Bottom leg is raised slightly off floor. Maintain head in "neutral" with ears aligned with shoulders and forearm on the floor. Roll just below hip joint down the lateral thigh to the knee.



Piriformis

Begin positioned as shown with foot crossed to opposite knee. Roll on the posterior hip area shifting your weight to get the entire area. Increase the stretch by pulling the knee toward the opposite shoulder.



Quads

Position your body prone with quadriceps on the foam roller. It is very important to maintain proper core control (abdominal Drawn-In position and tight gluteals) to prevent low back compensations. Roll from pelvic bone to knee, emphasizing the lateral thigh.



Hamstrings

Place hamstrings on the roller with hips unsupported. Feet are crossed to increase leverage. Roll from knee toward posterior hip while keeping quadriceps tightened.



Calf

Place your calves on the roller and lift your hips off the floor. Cross one leg over the other for leverage. Slowly roll over the calf from the ankle to the knee and rotate from side to side.



Nutrition Spotlight

Spice Things Up!

Incorporating spices into your everyday meals can help to fight cancer, Alzheimer's, Parkinson's, type 2 diabetes and heart disease. They are also a great way to make your food tasty without adding calories, fat and sodium. Part 2 of this series, learn how spices can ease digestion, calm muscle cramping and decrease queasiness.

Coriander

Eases digestive discomfort

Cilantro and coriander are often mixed up because they come from the same plant. However, there is a big difference. Cilantro, which is an herb, comes from the strongly scented leaves of the coriander plant. Coriander, a spice, is more healthful than cilantro and comes from the plant's sweet, nutty seeds. Two of the volatile oils contained in coriander, linalool and geranyl acetate, are powerful, cell-protecting antioxidants. These two oils are most likely behind coriander's ability to soothe digestive discomfort. Researchers have found that coriander acts like an antispasmodic drug in which it relaxes the over-contracted digestive muscles causing the discomfort of irritable bowel syndrome (IBS) and other "overactive stomach" disorders. Gastroenterologists studied a group of people with IBS, a chronic digestive complaint that includes symptoms such as abdominal pain, cramping and bloating, along with diarrhea and constipation. They split the group in half in which one group received a preparation containing coriander; the other received a placebo. After eight weeks the group that took the preparation with coriander had three times more improvement in abdominal pain and discomfort than the placebo group.

Coriander may also help prevent and treat:

Bloating, cholesterol issues, colon cancer, high blood pressure, indigestion, stomach ache, eczema, psoriasis, rosacea and ulcer.

How to buy coriander:

Coriander seeds come in two main varieties: European coriander, which accounts for most of the U.S. market, and Indian coriander. European coriander is spherical in shape and stronger because of its higher concentration of volatile oils. Indian coriander is more egg-shaped and contains oils not found in European coriander, which gives it a more lemony scent. Because the flavorful oils dissipate a few months after coriander is ground, it's more beneficial to buy the seeds and grind them yourself.

Fennel Seed

Calms menstrual cramps

Fennel has it all – it's a vegetable, herb and a spice. The licorice flavor you experience when you bite into fennel comes from the oil anethole, the same compound that give anise its licorice-like flavor. Fennel seeds also contain dozens of other phytochemicals, including phytoestrogens, estrogen-like compounds found in plants. In studies involving women with moderate to severe menstrual cramps, doctors treated women with either an extract of fennel or a nonsteroidal anti-inflammatory drug (NSAID) similar to ibuprofen. One study showed fennel worked as effectively as ibuprofen while one study showed that fennel outperformed the NSAID. Fennel has also been shown to effectively calm colic in babies. One study showed that it essentially eliminated it in 65 percent of the group that was treated with fennel.

Fennel may also help prevent and treat:

Alzheimer's, arthritis, cancer, colitis (inflammatory bowel disease), dementia, heart disease, high blood pressure and stroke.

How to buy fennel seed:

Fennel seeds are sold whole or ground. Whole fennel seeds are yellow with a tinge of green, which indicate top quality. As with many spice, ground fennel starts to lose its flavor after six months. Since whole fennel lasts up to three years, it's best to buy whole fennel and grind it yourself.



How to use coriander:

- Mix coriander seeds with peppercorns in a peppermill.
- Coarsely grind coriander and rub into meats or fish before cooking.
- Add whole or ground seeds to stews, casseroles, marinades and vinaigrettes.
- Make a classic Moroccan rub: mix ground coriander with garlic, butter and paprika.

How to use fennel:

- Dry and crush roasted fennel seeds and steep them in tea.
- Fennel seeds complement many foods of the Mediterranean diet such as tomatoes, olive, olive oil, basil, grilled meat and seafood.
- Add ground fennel to scrambled eggs.
- Add fennel seeds to fruit salads and compotes.

Nutrition Spotlight

Spice Things Up! *Continued...*



Ginger

Quiets queasiness

For thousands of years, traditional healers worldwide have turned to ginger to help ease nausea of all kinds. For the past few decades, scientists have been *proving* that ginger works.

A team of gastroenterologists from the University of Michigan and National Yang-Ming University in Taiwan decided to study the effects of using ginger on 13 people with a history of motion sickness. To do so, they asked the people to sit in a spinning chair. They all became nauseated. When the volunteers took 1,000 to 2,000 milligrams of ginger *before* they sat in the chair, it took them longer to develop nausea, and the nausea was also less intense. (Both doses worked equally well.)

In their study, the researchers also measured blood levels of vasopressin, a key hormone they theorized might play a role in nausea from motion sickness. They found ginger limited the release of vasopressin. The researchers also measured electrical activity in the stomach during the spinning and found that ginger kept the activity “relatively stable” as compared with “chaotic” activity without the spice.

Ginger may also help prevent and treat:

Arthritis, asthma, cancer, cholesterol problems, heart attack, heartburn, indigestion, migraine, morning sickness, motion sickness, nausea, stroke, elevated triglycerides.

How to buy ginger:

Opt for fresh ginger root over the dried, ground stuff, which has a less enticing aroma and far less zip. When buying fresh ginger root, look for knobs (called “hands”) that are firm with smooth skin. Store fresh, peeled ginger in a paper bag in the refrigerator, where it will keep for two weeks. You can also keep unpeeled ginger indefinitely by freezing it in a freezer bag.

How to use ginger

- Grate fresh ginger over cooked tofu, vegetables or soba noodles.
- Toss sliced or chopped ginger into stir-fries.
- Rub into meat before grilling to help tenderize and add flavor.
- Steep a coin-size piece of fresh ginger with your choice of tea.
- Sprinkle ground ginger and a little brown sugar on acorn squash or sweet potatoes before baking.

Other Healthful Spices:

Cayenne

Benefits:

- ~ Muscle and joint pain (contains capsaicin)
- ~ Shingle pain and diabetes-related nerve pain
- ~ Relieves congestion
- ~ Boosts metabolism
- ~ Improves insulin function

Cloves

Benefits:

- ~ Helps relieve inflammation
- ~ Antioxidant properties
- ~ Helps protect from heart disease and cancer
- ~ Improves insulin function
- ~ Relieves tooth pain

Garlic

Benefits:

- ~ Lowers heart disease risk
- ~ Moderately reduces cholesterol levels
- ~ Thins the blood to prevent clots
- ~ Antioxidant
- ~ Helps to ward off cancer (stomach and colorectal)

Mustard

Benefits:

- ~ Inhibits the growth of cancer cells
- ~ Relieves congestion
- ~ Increases blood circulation to the fingers for people who have Raynaud’s phenomenon
- ~ Can help treat athlete’s foot when added to a foot bath

Sage

Benefits:

- ~ Helps to prevent Alzheimer’s disease
- ~ Memory enhancer
- ~ Anti-inflammatory and antioxidant properties
- ~ Helps to boost the action of insulin (“nature’s Metformin”)

Healthy Recipes

Apple-Ginger Chicken

Makes: 4 servings

Total time: 30 minutes

- 2 cloves garlic, finely chopped
- 1 tablespoon finely chopped fresh ginger
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon whole yellow mustard seeds
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1/4-inch-thick slices
- 1 tablespoon all-purpose flour
- 1 1/2 teaspoons canola oil, divided
- 1 tart apple, such as Granny Smith, cored and cut into thin wedges
- 3/4 cup reduced-sodium chicken broth
- Salt, to taste
- 1 tablespoon chopped fresh cilantro, or parsley

Preparation:

- Stir together garlic, ginger, coriander, cumin and mustard seeds in a small bowl; set aside. Toss chicken with flour in a medium bowl until evenly coated. Heat 1 teaspoon of the oil in a large nonstick skillet or wok over medium-high heat. Add the chicken and sauté until well-browned on all sides, 4 to 6 minutes. Transfer the chicken to a plate with a slotted spoon and set aside.
- Add the remaining 1/2 teaspoon oil and apple to the pan. Reduce heat to medium and cook, stirring, until apples are lightly browned, about 3 minutes. Reduce heat to medium-low and add the reserved spice mixture. Stir until the apples are tender and the garlic is fragrant, 2 to 3 minutes. Add broth and the reserved chicken; increase heat to medium-high. Bring the mixture to a simmer and cook until the sauce is slightly thickened and the chicken is no longer pink inside, 2 to 3 minutes. Season with salt. Transfer to a serving dish and sprinkle with cilantro (or parsley).

Nutrition:

Per serving: 174 calories; 5 g fat (1 g sat, 2 g mono); 63 mg cholesterol; 8 g carbohydrates; 0 g added sugars; 24 g protein; 1 g fiber; 233 mg sodium; 289 mg potassium.

Gluten-Free Snacks

Chocolate & Nut Butter Bites

Makes: 4 servings

Total Time: 5 minutes

Ingredients

- 8 1/4-ounce squares bittersweet chocolate
- 4 teaspoons almond, cashew or pistachio butter

Preparation

Top each chocolate square with 1/2 teaspoon nut butter of your choice (almond, cashew, pistachio).



Nutrition

Per serving: 79 calories; 6 g fat (2 g sat, 1 g mono); 0 mg cholesterol; 9 g carbohydrates; 6 g added sugars; 1 g protein; 1 g fiber; 12 mg sodium; 20 mg potassium.



Mini Mushroom-&-Sausage Quiches

Makes: 1 dozen mini quiches Active Time: 30 minutes

Total Time: 1 hour

- 8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces
- 1 teaspoon extra-virgin olive oil
- 8 ounces mushrooms, sliced
- 1/4 cup sliced scallions
- 1/4 cup shredded Swiss cheese
- 1 teaspoon freshly ground pepper
- 5 eggs
- 3 egg whites
- 1 cup 1% milk

Preparation

- Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray.
- Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.
- Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.
- Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

Nutrition

Per quiche: 90 calories; 5 g fat (2 g sat, 1 g mono); 105 mg cholesterol; 3 g carbohydrates; 0 g added sugars; 9 g protein; 0 g fiber; 217 mg sodium; 108 mg potassium.



Health Coaches

Health and Wellness Services

We're called Health Coaches because our focus is on helping individuals preserve and optimize their health. Our goal is to offer superior, safe, customized health and wellness programming, devised by the area's best-trained, most respected health professionals.

Health Coaches

P.O. Box 7690 Portland, Maine 04112

207-274-9121

www.healthcoaches.biz