

WELCOA* | DECEMBER 2019

WELL BALANCED^o

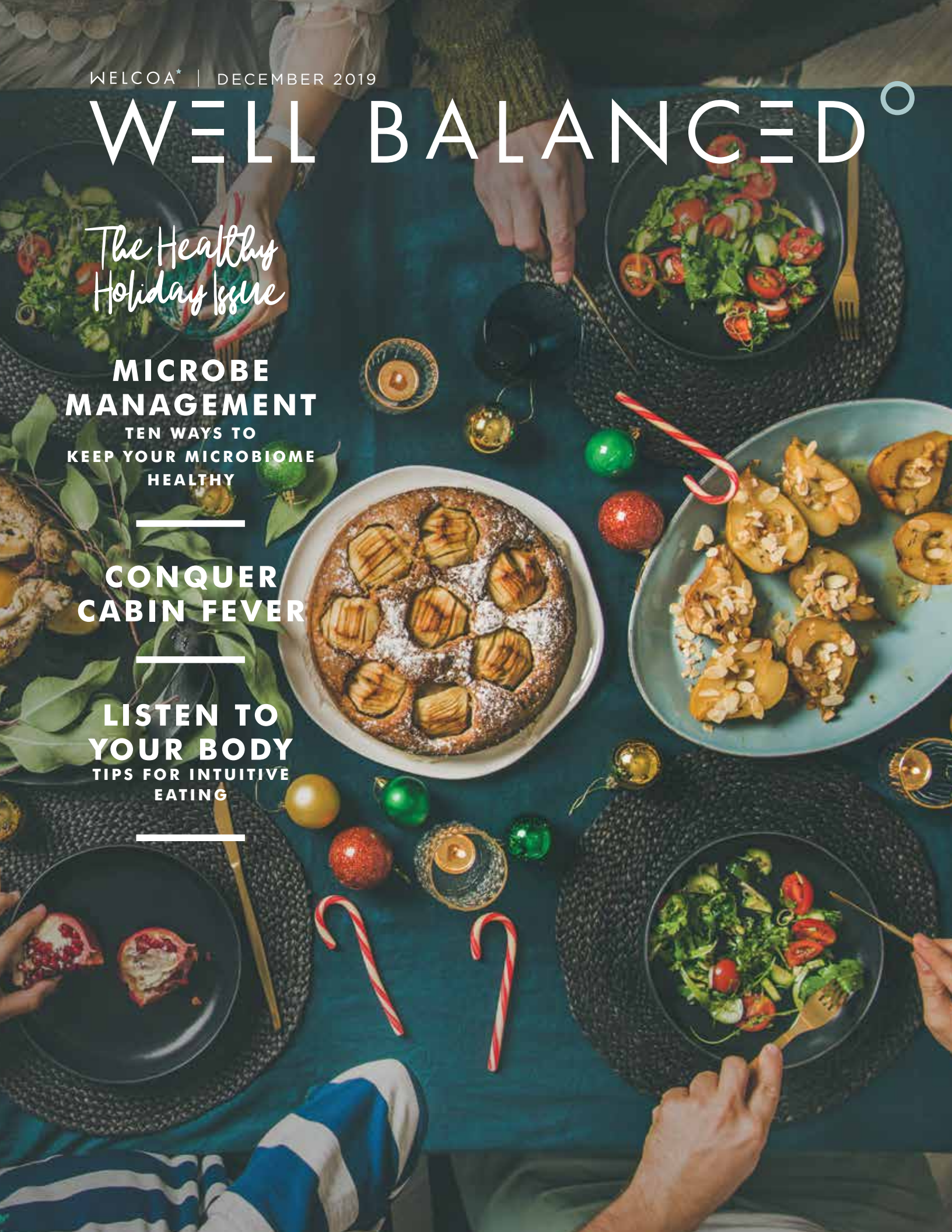
*The Healthy
Holiday Issue*

MICROBE MANAGEMENT

TEN WAYS TO
KEEP YOUR MICROBIOME
HEALTHY

CONQUER CABIN FEVER

LISTEN TO
YOUR BODY
TIPS FOR INTUITIVE
EATING



2 cups old-fashioned oats
 1½ cups whole wheat flour (I prefer King Arthur brand)
 1 tsp baking soda
 ½ tsp salt
 ¼ cup wheat germ
 2 tsp cinnamon
 ⅓ cup melted coconut oil
 ½ cup pureed prunes (Baby food works well)
 ½ cup of molasses
 ½ cup packed brown sugar
 2 large omega 3 eggs
 1 tsp vanilla extract
 1 cup chopped walnuts
 1½ cups dark chocolate chips
 1 cup dried cranberries (craisins)

DIRECTIONS

Preheat oven to 375° F. Combine the dry ingredients (oats, flour, baking soda, salt, cinnamon, wheat germ) in a bowl and mix.

In separate bowl, beat oil, sugar, molasses and prune puree until well blended. Beat in the eggs and vanilla. Fold the wet mixture into the dry ingredients and gently mix. Stir in the chocolate chips, walnuts and dried cranberries.

For each cookie, take about 2 heaping tablespoons of dough and form into a ball. Place on a baking sheet covered in PAM spray and flatten a bit. Bake until the cookies are golden brown, about 12-14 minutes. Cool on the baking sheet for a few minutes, then transfer to a plate or rack to cool completely.

SERVES: 24 (medium-sized cookies)

NUTRITION INFO (per serving)

Calories 273, Fat 11.9g, Carbs 38.6g, Protein 5.3g, Sodium 110mg

DR. ANN'S

"One Smart Cookie"

This recipe was devised to capture and exploit the most delicious and robust combination of "brain-boosting" foods a cookie could accommodate. Yes, it has calories and some sugar, but it is loaded with an all-star lineup of brain-healthy ingredients. Be smart and practice portion control—"one" cookie is enough!



Walnuts

Like its other nut relatives, walnuts score a perfect 10 when it comes to brain health, but this big nut is a winner on numerous fronts. Studies have tied walnut consumption to protection from many of the most menacing conditions, including cardiovascular disease, breast cancer, prostate cancer, dementia, macular degeneration and even stress. As nuts go, walnuts are the richest source of the all-important omega 3 fats and can boast the highest overall antioxidant power. Enjoy them regularly!

A small handful a day is a perfect dose.



From the Kitchen of **DR. ANN** // With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world. The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

Dr. Ann
WELLNESS For more, visit DrAnnWellness.com.

Managing the Holidays

WITH AN INTUITIVE EATING APPROACH

by MALLORY UBBELOHDE MPH, RDN, CD



Intuitive eating is an approach to health and wellness focusing on respecting your body and trusting your own instinct when it comes to hunger and health. It is often considered the opposite of a traditional diet. With the holidays being a bustling time for many, and an emphasis placed on gatherings surrounding food, it's a great time of year to check in with yourself and begin to build a foundation as an intuitive eater. Practicing the principles of intuitive eating can help you to feel more confident and empowered as you navigate the holiday season.

With a new year just around the corner, it can be tempting to want to start a new diet on January 1st. But with dieting comes restriction and deprivation. Instead, consider an intuitive eating approach during the holidays (and beyond!). Rejecting the diet mentality is the first principle of intuitive eating. Work towards making peace with food and give yourself unconditional permission to eat. Enjoy the special foods of the holidays and avoid depriving yourself of eating something that sounds delicious to you. Tune into your body and listen when there is a sensation of hunger. The

holidays are also a great example of when we sometimes eat not just because we are hungry. We eat, at times, for the experience and pleasure. Honor your hunger but understand there will be temporary moments when you may feel a little too full.

The holidays also often bring on a great deal of stress, as well as many other emotions. One of the principles of intuitive eating is to cope with your emotions without using food. Ask yourself, "Am I biologically hungry?" If the answer is yes, honor your hunger and eat! But if the answer is no, dig a little deeper and get curious as to what you are truly feeling. Are you tired, anxious, or stressed? After identifying the appropriate emotion, ask yourself what is needed to cope. Do you need to take a nap, practice deep breathing, or get a massage? Find the appropriate way to satisfy your needs. If you do happen to have an episode of using food to cope, use it as a learning opportunity and move on. Don't beat yourself up over it! Be patient—the path to intuitive eating is a progression.

Did You Know?

The term intuitive eating was coined in 1995 as the title of a book by Evelyn Tribole and Elyse Resch. The book outlines the 10 principles of the philosophy. Additional resources on the topic are available at intuitiveeating.org including an Intuitive Eater's Holiday Bill of Rights.



The holidays are an important time for celebration and joy. While food is often a big part of the season, it does not have to be the main part. There are much more important and meaningful things to focus your energy on. Enjoy the foods of the holidays but also take time to enjoy family, friends, traditions, and other favorite activities.



About MALLORY UBBELOHDE MPH, RDN, CD // Based in Salt Lake City, Utah, Mallery Ubbelohde is a registered dietitian nutritionist, nutrition communicator, recipe developer, food photographer, and home-cooked meal advocate. You can connect with Mallery on Instagram (@Mallery.RDN) where she shares daily meal inspiration.

10 WAYS TO KEEP YOUR MICROBIOME HEALTHY

by DR. KAREN WOLFE



For years we've been told, and believed, that microbes were our enemy. However, with a new understanding of the human microbiome, we're finding out that these bacteria can actually improve our health at a very deep level! The trillions of microorganisms that live in and on our body have a profound impact on our mood, behavior, and overall health.

These microbes outnumber our own human cells nearly 10 to 1. Different parts of the body—the skin, mouth, gut—all have very different, distinct communities of microbes. While gut microbes have gained a lot of attention, microbes elsewhere are also important.

Top Ten Ways to Keep Your Microbiome Healthy

1. EAT A PLANT-BASED DIET

The fiber in plant-based food passes through the digestive system until it reaches the colon. One study found that following a diet high in fruits and vegetables prevented the growth of some disease-causing bacteria¹. Diets containing animal-based foods promote the growth of different types of intestinal bacteria than plant-based diets do².

2. EAT FERMENTED FOODS EVERY DAY

Our Western diet does not routinely include fermented foods, so this might be a new concept. Start experimenting with new foods such as kimchi, sauerkraut, kefir, kombucha, tempeh, and miso. These all contain helpful bacteria and help balance the bacteria in the intestines. Aim for one to two servings of a fermented food daily.

3. ADD PREBIOTICS TO YOUR DAILY DIET

There are many delicious foods that are great “fertilizers” for the good bacteria on our body. This means they promote the growth of good microbes in the gut.

4. INCREASE FIBER

Fiber is a prebiotic because your beneficial gut bacteria such as Lactobacilli and Bifidobacteria actually feed on fibrous foods. Supporting the growth of beneficial bacteria will also help control the growth of harmful bacteria. There has been some recent research showing that diets low in fiber can not only starve healthy bacteria in the gut, but also

contribute to a degrading of barrier along the gut lining. This kind of change often precedes leaky gut³.

5. LIMIT INTAKE OF REFINED AND ARTIFICIAL SUGAR AND PROCESSED FOODS

Sugar and artificial sweeteners feed the bad bacteria and can cause gas, bloating, and diarrhea. One thing research shows is that artificial sweeteners alter the gut bacteria. They disrupt the metabolism of microbes and reduce gut diversity.



Prebiotic foods include onions, garlic, artichokes, jicama, green bananas, cooked rice, potatoes, and oatmeal.

6. BE MINDFUL OF THE USE OF ANTIBIOTICS

Antibiotics kill both the bad bacteria that make you sick and the good bacteria that keep you healthy. If you must take antibiotics for a bacterial infection, consider taking *Saccharomyces boulardii*, an antibiotic-resistant yeast that acts like a probiotic, as well as a multi-strain probiotic or a soil-based probiotic in between antibiotic doses. This will help keep the good bacteria balanced.

7. REDUCE STRESS

Your gut is your second brain. Chronic stress can harm your gut microbiome. Research has shown that exposure to high levels of stress can actually alter the composition of your gut bacteria in a negative way⁴.

8. SUPPLEMENT WITH A DIGESTIVE ENZYME

This can help you digest your food better and get rid of your symptoms, such as gas, bloating, and heartburn.

9. TAKE A HIGH-QUALITY PROBIOTIC

Nearly everyone can benefit from supplementing with a good quality probiotic.



Probiotics help maintain your gut's ecosystem as well as the ecosystem of your respiratory tract and urogenital tract. Some studies have shown that probiotics can improve how certain gut bacteria function, as well as the types of chemicals they produce.

10. GET GOOD QUALITY SLEEP

Sleep deprivation significantly changes your gut flora. Aim for 7-9 hours of sleep each night. Invest in a good mattress and put those devices away!



About DR. KAREN WOLFE //

Dr. Karen is an Australian physician with a mission wanting to facilitate a "creating health" movement. She believes that Western medicine is

only a small part of the solution to health care and is a leading voice to discern how to use the massive amounts information in the field of nutrition, stress and functional medicine. Learn more about Dr. Karen at drkarenwolfe.org.

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Ask the Expert...

What other factors affect digestion that we tend not to realize?

It's not just WHAT we eat that matters but HOW we eat, too. One of the causes of digestive distress is an always-on nervous system that is focused on fighting or fleeing vs. resting and digesting. To calm yourself and your nervous system, try the 4-7-8 breath before a meal and remember to chew slowly (it's not a race!). Breathe in for a count of 4, hold for a count of 7 and exhale (making a whooshing sound) for a count of 8. Do this a couple times before a meal to bring yourself back to present and to activate the rest and digest mode of your nervous system.



About RACHEL DRUCKENMILLER MS // Rachel is the Founder & CEO of UNMUTED. As a motivational speaker and workshop facilitator, she equips leaders and their employees to be higher-performing, socially connected and emotionally intelligent, so they can thrive at work and at home. Rachel also trains women leaders, HR leaders and wellness leaders to unmute themselves and live life by design, not by default. Connect with Rachel on LinkedIn, her website - www.UnmutedLife.com and on instagram [@unmutedlife](https://www.instagram.com/unmutedlife).

WELL BALANCED™ has an impeccable reputation for providing trustworthy information to improve your well-being and create healthier work cultures. Our network of physicians, dietitians, wellness professionals, and more are here to answer your crucial health questions.

Have a question? Ask our experts by going to welcoa.org/expert. If your question is selected we will contact you directly with your answer and it will be featured in an upcoming issue*.

*All questions are handled in confidence and will not, without prior consent, be disclosed or used by WELL BALANCED™ or its contributors.





CABIN FEVER + *Winter Well-being*

by BILL DELEHANT

The line from the old holiday song about the weather outside being frightful rings true as December begins and long winter months, and perhaps a case of cabin fever, lie ahead. Though cabin fever is a folk term and not an official diagnosis, it describes the very real irritability, boredom, and restlessness that accompany being cooped up for long stretches. Aside from shoveling snow packed driveways and putting up the holiday decorations (and then taking down the holiday decorations), there aren't many reasons to spend time in a winter wonderland after the novelty of the first snow wears off. But there are ways to beat this winter bummer.

Snowed in and can't get to the gym? A Google search of free home fitness apps yields literally dozens of results. Everything from yoga and stretching to cardio and toning is right there on your phone, totally free. Bad news for gym owners, great news for the cabin fever afflicted!

The many physical benefits of working out—not the least of which is looking

great—are well documented. But there are mental health benefits as well. Exercise can alleviate stress, lead to better sleep, and increase your self-esteem. It's also a scientifically proven mood booster, raising your body's production of the chemicals that produce happiness and euphoria. Exercising is vital during the months when people most report feeling depressed.

Another scientifically proven way to beat the winter blues is to get a jump on spring cleaning. A UCLA study found that people with untidy homes had higher levels of cortisol, the chemical that produces stress, and a 2011 Princeton study found that people with clean homes were more productive. Having a clean home isn't just about peace of mind, though. An Indiana University study found that people

with neat homes are actually healthier physically than those with messy ones. Per the findings, house cleanliness was even more of a predictor for physical health than neighborhood walkability. Marie Kondo made "decluttering" a common household word, but it's not just a fad. There are real, quantifiable benefits to tidying up. Why not get after it while you're snowed in?



There's a reason the movie "Groundhog Day" was called what it was and not "Independence Day." No one would mind waking up every day to sunny skies, barbecues, and fireworks. But day after day of snow and ice doesn't have to be as bleak as Bill Murray made it seem.

Prioritizing physical and mental well-being during wintertime is a scientifically proven way to beat cabin fever. And just think of being able to get out of your spotless house and show off your fitness results when the snow finally melts!



About BILL DELEHANT • Project Manager, Wellness Council of America (WELCOA) // Bill has a background in journalism and has written about health and education. At WELCOA, his role is to ensure you continue to have access to the best products and information so you can achieve your professional and personal wellness goals.



Leaping Leptin

One key player in age-related changes is a chemical called leptin, which helps your brain tell you to stop eating. Leptin signals don't work as well as you get older, so you might continue to feel hungry even after you've eaten.

Obesity makes leptin even less effective. "There's a reward part to everything you eat," says Dr. Josephine M. Egan, an NIH expert on diabetes and aging.

CAN I AVOID MIDDLE-AGE WEIGHT GAIN?

Normal-weight people satisfy cravings by having a small amount of what they crave. As both the years and the pounds add up, however, you may need to eat more of what you crave to get the same pleasant sensation. Both aging and obesity can also bring changes to the way your body processes glucose—the sugar your body makes from food and uses for energy. These changes can lead to diabetes, which raises your risk for heart disease, blindness, amputations, and other conditions.

"Obesity increases the risk, and reduces the age of onset, for many diseases of aging," Mattson says. "Over the long-term, even our brains are affected. Emerging evidence suggests that long-standing diabetes and obesity can lead to changes in brain cells that make them vulnerable to aging." As you move beyond your 50s, you'll probably need fewer calories. But it's also important to maintain proper nutrition.

Don't skimp on healthy foods.

Healthy eating is one of the best ways to prevent or delay health problems. Eating well, along with getting enough physical activity, can help you lower your risk of health problems like heart disease, diabetes, obesity, and more. To reach your goals, experts advise making small, gradual changes.

Weighing too little and weighing too much are each linked to poor health, especially in older people. Exercise and moving are also important. "It doesn't matter what your age is; physical activity is good for you," says Egan.

Be sure to talk with your health care provider about safe ways to adjust your activity patterns as you get older. If you have a specific health issue that you're concerned about—such as arthritis or a recent surgery—ask for tips to help you exercise safely. Work together to choose activities that are best for you. Focusing on physical activity and healthy eating are the keys to avoiding middle-age spread and the health problems that can come with it.

MINDING YOUR Metabolism

As you age, you may notice you have less muscle, decreased energy, and more fat. Carrying those extra pounds may be harming your health. It's easy to be confused by advice about diet and exercise, but they are both key when trying to avoid weight gain as you age.

As you move through your 30s, 40s, 50s, and beyond, you can take steps to help fight the extra weight that can come with age. Your metabolism changes as you get older. You burn fewer calories and break down foods differently. You also lose lean muscle mass. Unless you exercise more and adjust your diet, the pounds can add up.

HOW DO I SLOW DOWN THE PROCESS?

"At some point, everyone loses muscle mass as they get older and gains abdominal fat," says National Institutes of Health (NIH) Dr. Mark Mattson, an expert on aging and exercise. The so-called, couch-potato lifestyle is the main culprit behind middle-age weight gain. "Over-eating and leading a sedentary lifestyle can speed up age-related changes in metabolism," Mattson says.

This is what WELL BALANCED™ looks like to me...



@ @edge_therapy_wellness • Julie Rezac & Dylan McGill did some sightseeing in their free time while attending the WELCOA Summit in Philadelphia!



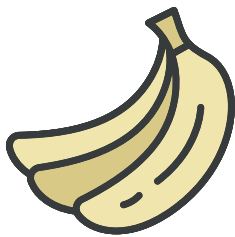
@ @wilcox_fitness • Food tastes so much better when you make it yourself. So, get out of your comfort zone and step into the kitchen.

Focus on one thing at a time.
Take a break between tasks.
Find your inner freedom.
@emotioninfusion

@ @lauraputnamauthor • Don't confuse #mindfulness with #meditation!. Here are some simple tips to get started on practicing mindfulness.

WANT TO BE A PART OF WELL BALANCED™?

Share your well balanced moments by tagging us on social @WELCOA using #wellbalanced with a chance to be featured in an upcoming issue of WELL BALANCED™.

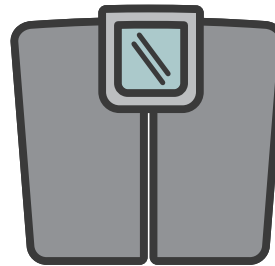


ADD PREBIOTICS TO YOUR **DAILY DIET**

Many delicious foods like bananas and oats are great "fertilizers" for our microbiome.

BALANCING **ACT**

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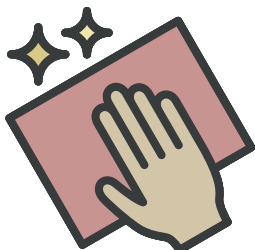


LEAPING **LEPTIN**

Leptin, a chemical that is responsible for telling your brain to stop eating when you are full, may not work as well as you get older.

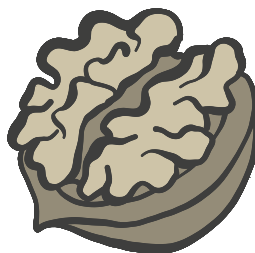
TIDY UP

Beat cabin fever and increase well-being during the cold winter months by decluttering. Studies show there are real, quantifiable benefits to tidying up.



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TUNE IN TO YOUR **BODY**

Enjoy the special foods of the holidays while tuning in to signs of hunger and fullness.

