



— Food for Health —

Wellness Newsletter

By Melanie Jatsek RD, LD
Heinein's Registered Dietitian

Restore Harmony with Your Body and Food

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Hold yourself with care, just like you would a newborn infant. Babies are miracles on display. So loveable and precious. So full of life and promise. Guess what? So are you!

— Mel Jatsek

The Missing Peace: Four Ways to Restore Harmony with Your Body and Food

Imagine a vast ocean in the middle of a violent storm. The wind is fierce and unforgiving and giant waves are crashing down as far as the eye can see. As you observe the storm, one thing is certain: you have no idea when it will end.

Now imagine you muster up the courage to approach the sea and swim out to ride the waves. Just as they are about to swallow you up, you dive to the bottom.

Standing on the ocean floor you notice an unusual calmness in total opposition to the chaos above. Yes, in the midst of mayhem, peace is attainable.

Those turbulent waves bear a close resemblance to life, don't they? Our fears, worries, doubts, insecurities, and struggles can feel so overwhelming at times that we become blind to the peace that is patiently waiting for us, much like the serenity of the ocean floor.

Lessons to Learn

I have personal experience with this. In my early twenties I struggled through a 3-year battle with binge eating disorder. Food was all I thought about.

It wasn't until, by some good fortune, I slowly became aware of the self-defeating thoughts and behaviors that were keeping me imprisoned and enslaved by food.

I'd like to share four of the most helpful lessons I learned on my journey to making peace with my body and food, in hopes that they will shine a light on what is possible for you when you open yourself up to the peace that is waiting for you.

Lesson 1: Lead with Love vs. Fear

"My body is a gift, a temple to be cherished."

Fear is a powerful motivator. Some of the most motivated people I've met over the years were thrust into change at the hands of fear. Surviving a heart attack is one powerful example. People who have suffered through such a tragedy are forced to change their habits if they want to prevent another occurrence.

Yes, fear is an effective motivator, but the initial lifestyle changes are not always sustainable. Let's face it, fear feels icky! And sometimes, it's just not enough.

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THE MISSING PEACE: FOUR WAYS TO RESTORE HARMONY WITH YOUR BODY AND FOOD

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On the other hand, when we make choices from a place of love and reverence for our body and see it as the gift that it is, well, that feels good! That feels like a little bit of peace.

Did you know that your heart beats around 100,000 times in 24 hours to nourish your organs and sustain life? Have you ever given much thought to your liver? It filters over 250 gallons of blood each day. Without this intricate filtration system, you would die!

Now that deserves some love and respect! Who doesn't want to do good things for someone they love?

Finding Peace: Hold yourself with care, just like you would a newborn infant. Babies are miracles on display. So loveable and precious. So full of life and promise. Guess what? So are you!

Lesson 2: Adopt an Abundance Mindset vs. a Scarcity Mindset

“Whatever I resist, persists.”

What happens when you forbid yourself from eating your favorite food? Do you forget about it or stop wanting it? No! The exact opposite happens. You become obsessed with the food and want it 100 times more.

Approaching food with a scarcity or restriction-based mindset makes us behave in peculiar ways because scarcity creates feelings of fear. It's like a survival mechanism.

Don't misunderstand me. Boundaries are important if we want to achieve better health, but we must go about it the right way.

Finding Peace: The key to making peace with food is to adopt a mindset of abundance. Rather than the foods you are trying to minimize, think about the foods you are adding in abundance without restrictions, like vegetables, leafy greens, fruits, and other Fx™-approved whole plant foods. Thoughts of plenty lead to feelings of inner peace. Test it out for yourself and notice the difference.

Lesson 3: Train Your Body to Crave Healthy Food

“My body craves what I feed it most.”

Do you crave Brussels sprouts or double bacon cheeseburgers? Leafy green salads or potato chips? Blueberries or blueberry pie?

I have some good news that at first may not seem all that great, but stay with me.

The foods you currently crave aren't an accident. You've trained your body to crave them. Now for the good news: if your cravings aren't serving your health in positive ways (or are causing you to binge on

them), all you have to do is change what you are putting in and your cravings will shift. It's that simple.

It comes down to your body's innate tendency towards resiliency, or its ability to spring back into shape when nourished well and treated with respect.

Finding Peace: Tap into your body's inner resiliency! The Fx™ Pillars are the perfect way to help you shift your cravings to life-giving foods. Start with Fx™ Pillar 1: Eat Your Greens, then once you've mastered it, move on to Fx™ Pillar 2: Eat the Rainbow.

Lesson 4: Think Only Those Thoughts You Want to Multiply

“Whatever I focus on will increase in my life.”

If you think about food too much, food will take up more space in your mind than it deserves. You'll start to obsess over it. You may even notice you're thinking about dinner while you're in the middle of lunch.

This phenomenon is one of the reasons I am not a fan of recording your food intake beyond the awareness-building stage. It's helpful to know where you stand in terms of nutrition. That's knowledge gained and can help you set worthy goals. But logging any more than this can backfire.

If you think about everything you dislike about your body, you'll find more things to dislike.

When you obsess over a specific number on the scale, you'll become a slave to that scale, and it will dictate the quality of your day.

I invite you instead, to think about the things you want to increase in your life. Could you use more of any of the following?

- Faith
- Peace
- Self-acceptance
- Health
- Positive relationships
- Positive thoughts
- Faith (not a typo)

If so, turn your attention toward these things.

Finding Peace: Allow food to take up only a little space in your thoughts, then turn your attention to those things you want to increase in your life.

Key Takeaway

All it takes is a slight shift in your thoughts and actions to discover the peace that is resting patiently inside of you.

4 DIETITIAN-APPROVED SUPPLEMENTS TO FILL COMMON NUTRITIONAL GAPS

Do you ever feel overwhelmed just thinking about what supplements you should be taking?

I get it! Simply walking through Heinen's Wellness Department can be intimidating for anyone. Allow me to calm your nerves.

Every person has unique needs and therefore different supplement needs. While there are a handful of supplements that apply to most of us, like a whole food multivitamin, probiotic, and vitamin D3 + K2, our needs branch off from there based on our current health status and desired goals.

In addition to the options mentioned above, I find myself consistently recommending an additional four supplements to family and customers to further enhance their wellbeing.

Heinen's Magnesium Glycinate

Magnesium is one of the most important minerals in the human diet, yet close to 75% of Americans aren't getting enough.

Signs of magnesium deficiency include irritability, anxiety, fatigue, migraines, muscle weakness, and muscle cramps.

Magnesium is known as the "relaxation" mineral, and as such, can help support healthy blood pressure, restorative sleep, bone health, and overall mood. Magnesium also assists glucose into your cells where it belongs, helping to control blood sugar levels!

I chose magnesium glycinate over other forms because it is highly absorbable and well tolerated by most people.

Heinen's Zinc

Zinc is an essential trace mineral required for everything from healthy skin, normal DNA replication, and cell division, to cell communication and hormone balance. Zinc is also incredibly important to the immune system. In fact, even the slightest deficiency in zinc can impair your immune function!

Think of zinc as a big strong bodyguard with bulging muscles of steel. When a virus enters your body, its goal is to use your cellular machinery to copy itself, but zinc directly blocks this viral replication.

Heinen's Quercetin

Quercetin is a natural pigment found in apples (concentrated in the skin), onions, garlic, leeks, and shallots. It works as a powerful balancing agent and strengthens the immune system.

Quercetin plays another brilliant role in the body as a zinc booster. It serves as a shuttle for zinc, transporting it into the cells where it can stop any viruses from replicating.

Heinen's Turmeric

Widely used in Indian cuisine, turmeric root is referred to as the "cleanser of the body." Curcumin is the component of turmeric responsible for its role in lowering inflammation and boosting joint support and brain health.

The effects of this spice can be seen in rural India, where less than one percent of seniors have Alzheimer's disease, compared to much higher rates in the United States. Turmeric can also enhance neurogenesis (the birth of new brain cells) while fighting Alzheimer's disease-causing plaques.

Combining turmeric with black pepper is ideal and encouraged because the combination makes turmeric bioavailable. Heinen's brand of turmeric supplements is formulated with black pepper extract to ensure you get the most out of this amazing spice.

Key Takeaway

I used to believe that supplementation was unnecessary, that to be healthy, all someone had to do was eat a healthy diet. It wasn't until I experienced the firsthand benefits of adding a select few supplements to my daily routine, that I became a believer in the need to fill nutritional gaps caused by living in an imperfect world.



CINNAMON QUINOA BREAKFAST BOWL

The following recipe was created by Heinen's Wellness Consultant, Carla Iafelice.



Notes

- Cooked quinoa can be stored in the fridge for 4-5 days. Serve at room temperature or reheat.
- If the quinoa is dry, add a few more splashes of almond milk.

Gluten free, high in fiber and full of antioxidant and anti-inflammatory compounds, quinoa is an ingredient your body will love and, when paired with the right ingredients, your taste buds will crave!

Servings: 2; Prep time: 5 minutes; Cook time: 20 minutes

Ingredients

FOR THE BOWLS

- 1/2 cup pre-rinsed quinoa, uncooked
- 1 cup unsweetened almond milk
- 1-2 cinnamon sticks
- A pinch of sea salt
- A piece of a vanilla bean (optional)

FOR THE TOPPINGS

- Toasted sliced almonds
- Toasted coconut flakes
- Apples
- Berries
- Dried fruit: raisins, figs, dates, etc.
- Heinen's pure maple syrup
- Heinen's raw honey
- Grass-fed butter

Instructions

1. Place the quinoa in a small saucepan and add the almond milk, cinnamon sticks and a pinch of sea salt.
2. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer.
3. Cook until the quinoa has absorbed all the almond milk, about 15 minutes. Taste and add additional spices to your liking.
4. Remove the pot from the heat, cover and let the quinoa steam for 5 minutes. This step gives the quinoa time to pop open into light, fluffy curlicues.
5. Scoop the quinoa into two bowls and top with toasted sliced almonds, toasted coconut flakes and fruit.
6. Serve with butter, maple syrup and more almond milk on top, if desired.



Club Fx is a FREE program for Heinen's Tasteful Rewards members that offers education, nutrition tips, product recommendations and recipe inspiration for customers to live their healthiest lives. Interested in becoming a Club Fx member? Update your Tasteful Rewards account to ensure you get our weekly emails and access to personalized nutrition services!