



Well NEWS

A Monthly Insight into Health and Wellness



Indulge without Overindulging

- **Relax.** You won't gain 10 pounds. The average person gains only about a pound during the weeks between Thanksgiving and New Year's. Learn to have an attitude of forgiveness and self-compassion after one high-calorie setback and you will be less likely to give up and keep bingeing.
- **Don't skip meals.** Arriving starved may result in overeating, and drinking on an empty stomach will give you a quicker buzz, which is more likely to lead to mindless munching. Make sure that you eat normally throughout the day.
- **Count your bites.** An appetizer can be around 60 calories a bite. Just a few bites can easily add up to a lot of calories.
- **Practice Moderation.** Drinking too much may not just mean a terrible hangover. Around this time of year, doctors report seeing a spike in erratic heartbeats. This is more common among people who usually aren't heavy drinkers but drink in excess for a short time.
- **Keep it on the rocks.** Order your drinks on the rocks to try to avoid a quick buzz-and sip it longer before a refill.
- **Put a cork in it early.** Alcohol may help you conk out quickly; the problem comes when it starts to wear off. The period in which your body is metabolizing the alcohol is when sleep is disrupted. The best strategy is to allow time for the alcohol levels in your body to drop before going to sleep.
- **Don't let late nights make you fat.** People who sleep less over time tend to be heavier. Lack of adequate sleep forces your body to release hormones that prompt eating and weight gain.
- **Use the weekend to catch up.** Most of us have sleep debt: the difference between the number of hours we need every night and how many we get. After a recovery night of catching up on lost sleep, participants regained some of their previous alertness and ability to concentrate.
- **Skip the sliders.** Foods that are high in fat or protein require your body to work harder at digestion. When your body is busy breaking this down, your sleep is more hampered.

Featured Anti-Inflammatory Food

Mushrooms

Eat more mushrooms by trying out one of these great recipes!

Tom Yum Soup

Ingredients

½ inch ginger paste	½ inch lemon grass paste
1 heaping tbsp. chopped cilantro	2 tbsp Thai fish sauce
1 shallot, chipped	2 quarts veggie and chicken stock
2 large, fresh chilies, seeded and chopped	1 pkg. sliced mushrooms
1 tbsp EVOO	9 oz. cooked, shelled shrimp
	Juice of one lime

Directions

Combine above ingredients (through fish sauce) in food processor until chopped to a paste or fine chop. Add ingredients to a soup pot and add 2 quarts of stock. Bring to a boil. Add mushrooms. Simmer 15 minutes. Add shrimp, cook 1-2 minutes. Stir in lime juice. Serve sprinkled with cilantro.

Mexican Omelet

Ingredients

1 tbsp olive oil	3 eggs, beaten
1/2 onion, sliced	salt and pepper
1 bell pepper, sliced	for topping: avocado slices, salsa,
5 mushrooms, sliced	sliced black olives
1 tsp crushed garlic	

Directions

Warm olive oil in a medium skillet and then add onion, pepper, mushrooms and garlic. Saute and stir about 7 – 10 minutes until the veggies are tender and beginning to brown. Pour vegetables into a bowl and set to the side. Using the same pan, warm to medium high and then add the beaten eggs. Cook the eggs thoroughly, then add the veggie mixture over half of the omelet. Fold over and plate the omelet, topping with the avocado, salsa and olives.



Special Feature
from our partner:
**Feed your
Vitality**

In addition to all of the anti-inflammatory properties that mushrooms have, they also contain high amounts of antioxidants and phytonutrients that help regulate your immune system.



Check us out at:
www.feedyourvitality.com

Newsletter Quiz

1. How do you indulge without overindulging?
2. What do mushrooms do for your immune system?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by December 31, 2015

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