

Cornell Health & Nutrition Newsletter

December 2007

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Don't compromise yourself. You are all you've got.
-Janis Joplin

From the Garden ...

'Tis the season for abundance: food, drink, parties, families, shopping, spending. Just be careful your waistline doesn't reflect the abundance when it's all over, and that your checking account isn't dry.

My class on Tuesday, December 4th will provide many strategies you can use to reduce your stress, so sign up now, even though it's one more thing to add to your to-do list.

[Click on the](#)

Beautiful Body Types

Almost all of us have a distorted image of our body, often due to the importance our culture places on outward appearance and the onslaught of media images of airbrushed models and celebrities. Every day, we talk to ourselves in ways we would never speak to another. Imagine speaking to a child the way you speak to yourself about your body. It would devastate and squelch a child. It affects you similarly, causing stress and emotional pain in your body, which can make improving your health or losing weight even more difficult.

Our culture's preferred body type shifts every decade or so, but whatever it is, it is usually unattainable without spending enormous amounts of time, energy and money. Think of all the intelligence, creativity and time you spend on improving, altering and judging your appearance. Who would you be and what could you accomplish if your valuable resources weren't used this way? Constant emphasis on the external makes us discount the great presence and intelligence that is housed by the body. It makes us forget the magic of our internal rhythms and fail to acknowledge the beautiful bodies we have.

The body you have right now is incredible! It never misses a heartbeat, it maintains homeostasis, and it miraculously digests whatever you put in it. It is your instrument for expressing your creativity, intelligence and love. By focusing on the 1% you don't like or wish was different, you may be ignoring the remaining 99% about your body that is beautiful, unique and delightful.

What would your life be like if you were simply at peace with the body you have? You may wish to make your body healthier and stronger, but could you do that out of love and respect for your body, instead of the opposite? Could you begin to treat yourself with kindness, to limit the negative self-talk, and to reconnect with your inner wisdom? Take a minute to imagine what that would feel like. It would mean celebrating your body, rather than punishing it. It would mean nourishing your body rather than depriving it. It would

registration link below.

Have you thought about what kind of gift you can ask for, or give yourself, this year? Any of the books you can order from my website would be great options. A pedicure in the middle of a frantic shopping day? A healthy meal in a quiet spot with a friend you haven't seen in a while?

Maybe you could give yourself permission NOT to do something: holiday cards, or a cookie exchange.

Nothing makes you feel better than helping people less fortunate than you - and it's a great thing to do with kids: serve food at a homeless shelter, spend time at a food pantry packing up boxes for families who won't eat otherwise, take cookies to retirement village residents (that way you won't eat them all!).

Or, make a donation to your favorite charity on behalf of people you usually shop for - the charity gets the support it needs, you get to spend less time

mean a chance to watch your body flourish just like a child flourishes when treated with care and respect.

Food Focus: Sweet Potatoes

Sweet potatoes are on everyone's mind this season. They seem to go hand-in-hand with the holidays, and fortunately, eating these and other sweet vegetables needn't be limited to this time of year. Cravings for sweets can be greatly reduced by adding sweet vegetables, such as sweet potatoes, yams, parsnips, beets, squash, turnips and rutabagas, to your daily diet. Sweet potatoes elevate blood sugar gently, rather than with the jolt delivered by simple refined carbohydrates, so there's no energy crash after you eat them. Much higher in nutrients than white potatoes and especially rich in vitamin A, sweet potatoes offer a creamy consistency that is satisfying and soothing. They are healing to the stomach, spleen, pancreas and reproductive organs and help to remove toxins from the body. They can increase the quantity of milk in lactating women and can lessen cramps and pre-menstrual symptoms. If you don't have any sweet potatoes in your kitchen, go out and buy some (organic and local if possible) and make the recipe below.

Recipe of the Month: Sweet Potatoes with Lime and Cilantro

This recipe is an eye-opener for those who find sweet potatoes cloyingly sweet or who are tired of eating them smothered in marshmallows and brown sugar. Japanese sweet potatoes, with their pale flesh and delicate flavor, are a treat if you can find them.

Prep time: 10 minutes
Cooking time: 30-40 minutes
Yield: 4 servings

Ingredients:

4 sweet potatoes
1/2 bunch fresh cilantro
2-3 limes
butter or olive oil, salt (optional)

Directions:

1. Wash the sweet potatoes and bake them whole, in their skins, at 375 degrees until tender, about 40 minutes.
2. Wash and chop cilantro leaves

giftee doesn't have to pretend to love what you bought. Everybody wins!

This year, on behalf of you, my friends and clients, I have made a donation to Concern Worldwide, an international not-for-profit dedicated to helping people living in extreme poverty to achieve major improvements in their lives. For more information about Concern and their work around the world, [click here](#).

Best wishes for a happy, healthy and joyful holiday season,

Natalie

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3. When sweet potatoes are done, slit open the skin and place on serving plate. Season with salt and dots of butter or a sprinkle of oil, if you like, then squeeze fresh lime juice all over, and shower with cilantro leaves.

There are many ways to become a client

- **NEW:** Want to jumpstart a weight loss program? Clear your body of toxins or fat? I now offer a variety cleansing programs using the #1 products on the market today. [Click here](#) to learn more about the programs and products.
- Individual coaching programs to help you meet weight loss or healthy living goals
- Employer programs to reduce absenteeism, increase productivity, and teach employees about things like healthy eating on the go and stress reduction
- Group cooking classes to learn how to put healthy meals on the table in fewer than 30 minutes - if you have a group of four to ten friends we can do a single or series of cooking lessons based on the skills of the group
- Eating for Peak Performance - Programs for athletes of all ages from middle school to adulthood to learn to fuel your body correctly
- Group coaching programs if an individual program is too much of an investment

[Contact me](#) to learn more about any of these services.

Upcoming Event:

Survival Strategies for the Holidays - a one hour interactive workshop
Tuesday, December 4th, 7:45 pm
Chiropractic for Life
5138 N. Clark Street

To register, [click here](#) or call 773-427-6630.

Cornell Health & Nutrition | 3934 North Kostner Avenue | Chicago | IL | 60641