

Cool It!

Cornell Health and Nutrition

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In This Issue

Cool It
Recipe of the Month
Health Tip
Become a Client

From My Garden

The rabbits are after the tomatoes; the string beans are growing nicely; the beets and carrots are fighting through our clay soil to make big, healthy roots; the arugula is as wild as always and it's almost time to put in more spinach and lettuce for the cool fall weather. Basically, things are good in my garden.

Have you been enjoying yours? Or at least the bounty from the Farmer's Market near you?

Look up a recipe for pesto and make a big batch before your basil flowers. After you make it, put tablespoon portions in ice cube trays and freeze them. After 24 hours, pop them out of the trays

Cool it!

August is both the heart and end of summer. Even if we are years out of school, August portends change. It's often hot and sticky, and tempers can easily flare. So be sure to cool it. When someone annoys you, take a deep breath (the old count to 10 trick works well) and try to let it go. So often we use food to calm our anger or frustration that we gain weight. So think about why you want those chips or that Big Mac (stress makes you crave salt or protein) and try to just cool it.

Lots of cool or cold water will help keep your body cool while you try to keep your temper cool. If you are exercising in the heat and humidity (and even though it's cooler in the morning, the relative humidity is often higher), or just doing yard work you can make your own energy drink (see recipe below) to help you stay balanced.

And just remember: try to keep your cool.

Recipe of the Month: Electrolyte Replacement

Ingredients:

1/4 cup orange juice
1/4 cup grapefruit juice
1 cup water
1 teaspoon to 1 tablespoon sea salt (to taste)

Directions:

Mix together and keep refrigerated.

Use in place of commercial **-ade drinks (Gatorade, Powerade etc). The drink should taste very slightly salty, so start with 1 teaspoon of salt and add in small increments. It has all natural ingredients and will keep your electrolytes in balance, plus it is cheaper than the commercial drinks. Sea salt has more minerals and than regular iodized salt, which is why I recommend it.

Health Tip of the Month

Pick a better sunscreen. According to the Environmental Working Group (EWG), many sunscreens are ineffective or harmful. Because the FDA does not regulate SPF claims, you cannot rely on labels to make choices. The EWG has just finished extensive research on 1000 brand-name sunscreens and found that 4 of 5 contain chemicals that may pose health hazards or don't adequately protect skin from the sun's damaging rays.

They list 143 products that are the best choices in sun protection. So check out the list

into freezer bags and store them in the freezer all winter, to add to soups, sauces or just to make a quick meal that brings back the taste of summer.

Quick Links

[Register Now](#) for our workshop at Queen of All Saints Church on Aug 20.

[Resources](#)

[More About Us](#)

before you head off on vacation this month!

[EWG list of sunscreens](#)

There are many ways to become a client

- 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. There's an 11 day program or a 30 day program (national average weight loss for the 11 day program is 7 lbs.). [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 two to ten friends we can do a single or series of cooking lessons based on the skills of the group.
- Attend a workshop. We give them in person in Chicago or via the web. For a web seminar, all you need is a phone and a computer connected to the Internet. See below for more information about our next web seminars.
- 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 Workshop

Specially targeted for Moms with small children

Healthy Kids, Healthy Family:
What You Eat Matters

August 20, 2008
7 - 8 pm

Queen of All Saints Church
Benedict Center, 2nd floor

6275 N. Ionia Avenue, Chicago

[Click here](#) for more information.

In September, we'll get back to our regular schedule of workshops and web seminars.

Enjoy the Rest of Your Summer!

I hope you are having a wonderful summer, and taking some time to enjoy freinds and family. I always feel lilke September starts my year - must be some combination of having a bithday in August and all those years of school! So look for some new things in September and beyond.

And please, if you are looking for new and healthier things in your life, let me know how I can help you.

Natalie

Contact Info

Cornell Health and Nutrition

Natalie Cornell, CHC, AADP

President

natalie@cornellhealthandnutrition.com

www.cornellhealthandnutrition.com

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