



Newsletter

Cornell Health and Nutrition

June 2008

In This Issue

- Food Cravings
- Recipe of the Month
- Health Tip
- June web seminars

From My Garden

June is the month for purple flowers in my garden: chives, sage, wild geraniums, clematis. And then today I noticed the first of the strawberries are ripe! After the long, snowy winter and the very cool spring we had in Chicago, I can't believe the strawberries are ahead of schedule. I guess they liked that cold spring weather that made us humans despair.

I've also gotten the veggies mostly planted: 9 tomato plants, two kinds of beets, radishes, spinach, string beans, plus many hers. I just plated some flax to see what that's like! Maybe I'll be providing you all with the seeds, or learning to spin linen thread ... seems unlikely from just two plants, but you never know. I trimmed the oregano so something else could grow in that corner of

Food Cravings

Are you craving fresh fruits and vegetables right about now? Good for you! It's not just that they look so beautiful and fresh laid out at the supermarket or farmer's market. Your body really wants them this time of year. Spring vegetables and fruit help your body lose the fat it naturally stores over the winter. All those bright green spring vegetables (peas, greens, asparagus) and all the berries that are coming in now also help detoxify your body naturally. So eat up! It's almost impossible to eat too many fresh vegetables or berries.

Have questions about other, not so healthy, cravings? Check out our web seminar on the topic. Two dates and times to pick from, because we know how busy everyone is!

Recipe of the Month: Very Berry Desert

Ingredients:

- 2/3 cup raspberries
- 2/3 cup blueberries
- 1 cup whole strawberries, hulled and quartered
- 1/2 cup plain yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon

Directions:

1. wash all the berries carefully, making sure not to bruise the raspberries; let them air dry on the counter
2. mix together the yogurt, honey, vanilla (or use 1/2 cup vanilla yogurt) and cinnamon until creamy; taste and adjust sweetness to your liking
3. Once dried, put berries in a bowl and spoon the yogurt over them. Stir to cover.

Serves 1 and fulfills your total daily requirement for fruit. Note: if you add ice and nuts (1/4 cup almonds or walnuts) to this and toss it all in a blender, you can make a terrific smoothie.

the garden. The sage, chives and tarragon have come back nicely. I added some lavender to what I already had and put in parsley, basil, rosemary and thyme. The wild arugula is sprouting, and the strawberries are getting ripe, as I said. Now I just need to pick them before the dog discovers them again! Yum. Can't wait to harvest it all.

Quick Links

[Register Now](#) for our June web seminar on Food Cravings and what they can tell you about your health

[Resources](#)

[More About Us](#)

Health Tip of the Month

You can stop taking your Vitamin D supplement now. Be sure to spend time, WITHOUT sunblock (except on your face), in the sun each day. It's best to expose your whole back or chest and tummy just until BEFORE you start to burn. The darker your skin the longer exposure you need. Your face and arms don't have enough surface area to get the full load of Vitamin D without burning.

So, go out and get some sun for 10 - 30 minutes (you know your skin) and THEN put the sunscreen on. You'll feel better and your bones will thank you!

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 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 Web Seminars

Learn from your desk at home or at work! All you need is a phone and a computer.

Food Cravings: What They Mean About Your Health and Diet

Tuesday June 24th at 12 noon (central time; 1 pm eastern 11 am ; mountain; 10 am pacific)

Thursday June 26 at 7 pm (central time; 8 pm eastern; 6 pm mountain; 5 pm pacific)

Most of us like either salty or sugary snacks when we have cravings. Learn what each means about your diet and how you can reduce those cravings. Learn which foods are truly addictive (there are 3). Do you use food to soothe your emotions (that pint of ice cream after an argument...)? Most of us have done that at one time or another. But a craving isn't just that overwhelming urge for chocolate. It can also be a habit that you don't even notice anymore: a cookie before bed, or peanut butter crackers while watching TV. Some cravings actually signal things that are missing from your diet and you should give in.

There are many dimensions to food cravings. We'll cover them all and answer your questions.

Click [here to register](#). Cost is only \$20.00. Spend an hour and learn a little more about your choices.

Closing Headline

Write and let me know if you have located a farmers market in your area, or what's happening in your diet or garden. I hope you will be able to join one of our seminars soon! Here's to good eating!

Natalie

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