

# Cornell Health and Nutrition Newsletter

Get Ready for Spring

April 2007

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*You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.*

**-Jan Glidewell**

## Special Offer: Free Initial Consultation with Natalie Cornell, Health Counselor

This free hour-long session includes a full discussion of your health history and health goals, a chance to get your questions answered and the opportunity to find out more about a personalized health program, completely catered toward your busy lifestyle and needs.

## Quick Links

## Spring Cleaning

People like "stuff." We tend to hold onto it year after year. We save and stock up on things that we don't know what to do with anymore. Maybe we keep things because they hold precious memories of days gone by, or they remind us of our parents, grandparents, past loves or childhood. To part with these precious possessions seems out of the question. There is a saying that goes, "You have to get rid of the old to make way for the new." If you are feeling stuck or stagnant in your life, try spring-cleaning. Throw out some of that stuff, say goodbye to your past, and welcome the new energy of your happy, healthy future.

For good mental and physical health, we actually have two "houses" that need to be spring-cleaned: our physical homes and our physical bodies. Just as we accumulate "stuff" in the form of outgrown clothes, magazines, rusty bicycles, tools and random keepsakes, so do our bodies accumulate old food residues and toxins that need to be cleaned out.

To spring clean your body, give it a break from rich and complicated foods by either cleansing or fasting for a short period of time. Cleansing means paring down your food to just simple fruits and vegetables, lots of water and perhaps whole grains. Fasting means limiting most foods and drinking lots of water, fresh vegetable and fruit juices, teas and soups. Without much energy going towards digestion, more energy is available to the rest of your body and mind. Cleansing and fasting can sharpen your concentration, help you gain insight and promote spiritual awareness. It can also bring improved immune function and better digestion.

While you're cleaning out your body and home, don't forget to spring-clean your heart. Throw away negative thoughts and habits you've been harboring that no longer serve you. A clean, open heart will allow you to receive all the good that awaits you each and every day. If your heart and mind are cluttered, there is no room for life's gifts and surprises to enter.

## Food Focus: Greens

Leafy greens are some of the easiest and most beneficial vegetables to incorporate into your daily routine. Densely packed with energy and nutrients, they grow upwards to the sky, absorbing the sun's light while producing oxygen. Members of this royal green family include kale, collard greens, swiss chard, mustard greens, arugula, dandelion greens, broccoli rabe, watercress, beet greens, bok choy, napa cabbage, green cabbage, spinach and broccoli.

How do greens benefit our bodies? They are very high in calcium, magnesium, iron, potassium, phosphorous and zinc, and are a powerhouse for vitamins A, C, E and K. They are crammed full of fiber, folic acid, chlorophyll, and many other micronutrients and phytochemicals. Their color is associated with spring, which is a time of renewal and

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refreshing, vital energy. In traditional Asian medicine, the color green is related to the liver, emotional stability and creativity. Greens aid in purifying the blood, strengthening the immune system, improving liver, gall bladder and kidney function, fighting depression, clearing congestion, improving circulation and keeping your skin clear and blemish free.

Leafy greens are the vegetables most missing from the American diet, and many of us never learned how to prepare them. Start with the very simple recipe below. Then each time you go to the market, pick up a new green to try. Soon you'll find your favorite greens and wonder how you ever lived without them.

I have many more recipes that will help you add greens to your diet so just let me know and I'll share them with you.

### Recipe of the Month: Shitake and Kale

Prep Time: 2 minutes

Cooking Time: 10 minutes

Yield: 4 servings

#### Ingredients:

1/2 pound of shiitake mushrooms

1 tablespoons of olive oil

1-2 cloves of minced or pressed garlic

1 bunch of kale, chopped, center stalks removed (or you can slice them thinly for their crunch)

pinch of salt

#### Directions:

1. Warm oil in pan on medium heat with minced garlic until aroma of garlic is released, about 2-3 minutes.
2. Add chopped shiitake mushrooms, stir-fry for 5 minutes.
3. Add chopped kale, stir-fry for a couple of minutes.
4. Add a splash of water and pinch of salt to pan, cover and let steam for 4 minutes.

### Time to start cleaning!

Let me know if you would like to set up a time for an initial consultation or have any feedback on this newsletter.

And don't forget what a pleasure it is to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

Until next month!

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