



# How to Get Slow

Cornell Health and Nutrition

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*There is more to life than increasing its speed.*

**-Gandhi**

And in Chicago in March, we're hoping that there's more to life than just winter. So far we've had 20 inches more snow than average, and our snow season isn't quite over yet. It's the time of year when everyone's gardens look their worst. But it is the the time (yes now!) to start seeds inside so they are ready to put in the ground in May when they will actually survive. I think we're still a few weeks away from crocuses and

## Get Slow

Who doesn't feel like there aren't enough hours in the day? We rush through the day, running here and there, and end up exhausted. Somehow these days full of duties, obligations, and busyness have begun to build up and become our lives. We spend our time doing things we don't really want to do, yet feel we should. We've come to believe that being productive and crossing things off our to-do list is the ultimate goal.

The truth is, life on Earth is a brief gift, and our time is too precious to be used like this. If we want our lives to be balanced and healthy, we need to lessen our load and increase our down time. This means planning less in a day, prioritizing those things that make our hearts sing and de-prioritizing those things that are not imperative.

If we must accomplish many things each day, we can still change the quality with which we do things. How can we transmute that sprint for the train into something delicious, instead of the usual gripping and tightening experience? Where can we find ease in the midst of stress? How can we cultivate the art of going slowly?

Take a few moments before you climb out of bed in the morning to remember your dreams and to think about what you want from the day. Leave your watch on the bedside table. Take the scenic route. Sit for a moment with your eyes closed when you start your computer. Check email only twice a day. Don't pack your schedule so tightly that there's no time for a short walk. Light candles before you start to cook dinner. Add one moment here and there for slowness; it can be done simply and will have a profound effect on your well-being.

*Adapted from an article by Marco Visscher & Jay Walljasper, Ode Magazine, Issue #15, [www.odemagazine.com](http://www.odemagazine.com)*

## Food Focus: Oils and Fats

Not all oils and fats are created equal. Heavily processed, hydrogenated, "trans" fats and oils that are used in prepared, packaged foods can be extremely damaging to the body. However, fats and oils from whole foods and other high-quality sources can steady our metabolism, keep hormone levels even, nourish our skin, hair and nails and provide lubrication to keep the body functioning fluidly. Our bodies also need fat for insulation and to

daffodils (and let's not even talk about tulips yet!), so if you live in a place where they have already sprouted, all of us here in Chicago are envious!

One very good way to improve what you eat is to grow your own food.

Now, I understand that's not possible for everyone, but if you have a window sill, porch, balcony or backyard, there are small steps you can take - and now's the time to plan. You can grow herbs on a windowsill - imagine having fresh basil for your evening meal! If you've grown herbs and are interested in taking the next step, why not try a tomato plant in a pot on a porch or balcony?

There are some varieties you can get that are especially good for small places.

They are called patio bushes and they are small cherry tomatoes.

Very sweet and prolific. There's nothing better than tomatoes warm from the sun that you can pop in your mouth. It's a great feeling. I also love the feeling of eating things I grow.

For kids who "won't" eat vegetables, growing them makes a HUGE difference.

Involving kids in their food makes them much more likely to eat them. If they help

protect and hold our organs in place.

A healthy percentage of high-quality fat in a meal satisfies and leaves feelings of energy, fulfillment and warmth. However, when there are excess fats and oils in the diet, especially heavily processed fats, symptoms can include weight gain, skin breakouts, high blood pressure, liver strain and an overall feeling of mental, physical and emotional heaviness. Signs of too many low-quality fats are brittle hair and nails, dry skin, hunger after meals and feeling cold.

There are many sources of healthy fats and oils. For sautéing and baking, try butter, ghee (clarified butter) or coconut oil, because they do not break down when used at high temperatures. When sautéing and stovetop cooking at moderate temperatures, try organic extra virgin olive oil. Because they break down when heated, oils like flaxseed, sesame, toasted sesame, walnut and pumpkin seed are best used unheated in sauces or dressings on top of salads, veggies or grains. Other healthy fats are found in whole nuts and seeds and in their butters like almond butter or tahini. Whole foods such as avocados, olives and coconuts are great sources of healthy fat, along with wild salmon and organic eggs. Experiment with these healthy fat sources and see which agree with you and leave you satisfied.

When selecting oils, buy the highest quality organic products you can afford, since cooking oils are the backbone of so many dishes. Good words to look for on the label are organic, first-pressed, cold-pressed, extra-virgin and unrefined. Words to avoid are expeller-pressed, refined and solvent extracted.

## Recipes of the Month

### Savory Tahini Sauce

Prep time: 5 minutes

Yield: 1 cup

#### Ingredients:

1/2 cup tahini (also called sesame paste)  
1/4 cup water  
3 tablespoons lemon juice  
2 tablespoons tamari or low sodium soy sauce  
2 tablespoons maple syrup  
1-2 cloves of garlic, minced  
pinch of cayenne (to your taste)

#### Directions:

1. In a bowl, briskly whisk together the tahini and water until combined. It will look separated at first: just keep whisking!
2. Add remaining ingredients and whisk until combined.
3. Adjust flavors to your taste. Add additional water if you want it thinner.
4. Serve over grains or greens.

**Note: Tahini sauce keeps refrigerated for up to one week.**

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### Avocado Dip

Prep Time: 3 minutes

Yield: 1 cup

plant, weed, stake and harvest the food they are invested in the success of the plant. If you don't have room in your yard or apartment, taking kids to a city garden or to a local "pick your own" farm.

Easy things to grow at first in small spaces like pots are lettuce, peas, carrots. And you can do them in waves, in the same planter: plant peas and lettuce very soon (as soon as the soil is unfrozen), later (in late May in Chicago) put in carrots and tomatoes, which grow well together. Call me (773-427-6630) if you want to talk about specific ideas. I'd love to help you grow food!

Natalie

#### Quick Links

[Register for a Workshop Now](#)

[Resources to Help You](#)

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#### Ingredients:

1 large peeled and pitted avocado  
2/3 cup plain yogurt, goat yogurt or soy yogurt  
1 diced tomato  
dash or two of cayenne pepper  
sea salt and black pepper

#### Directions:

1. Mash avocado with a fork until very smooth.
2. Add yogurt, tomato, cayenne. Blend until smooth. This may be done in a food processor, in a blender or with a fork.
3. Add sea salt and fresh black pepper to taste.
4. Serve chilled with mixed raw vegetables.

*Note: Best made a maximum of 1 hour before serving.*

#### 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
- 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 Events - Spring Interactive Workshop Series

Location: Chiropractic for Life  
5138 N. Clark Street, Chicago

Each session begins at 7:45 pm

\$20 for each session

### **Spring Cleaning: Cleansing and Detoxing - Apr 1**

- What am I cleansing anyway?
- Sense and sensibility
- "It seems so extreme!"

### **Carbs: The Good, The Bad and The Ugly - May 6**

### **Food Cravings: What They Tell You about Your Health - June 3**

#### **Forward to someone who would enjoy this**

It's such a pleasure 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. Just click on the link below that says "forward email."

#### **Contact Info**

Natalie Cornell, CHC, AADP

Cornell Health and Nutrition

[www.cornellhealthandnutrition.com](http://www.cornellhealthandnutrition.com)

[natalie@cornellhealthandnutrition.com](mailto:natalie@cornellhealthandnutrition.com)