5 TIPS to Nourish Body, Mind, & Spirit

SCRATCH THE SODA

- Soda pop is detrimental due to the effects on the microbiome, making metabolism shift to a state of pre-diabetes.
- Replace the “bubbles” with sparkling water, adding lemon or a splash of fruit juice to transition to plain water.
- Replace the caffeine with black tea or coffee.
- Encourage the patient to consider what function it has in their life.
- Be aware that diet and regular soda have addictive qualities and for some patients, it will be very difficult to give up.
- Offer encouragement that they will have more energy, feel better, have improved digestion off soda.

ROASTING ROOTS

- Many people have a hard time knowing what to do with vegetables, and tire of raw salads.
- Roasting vegetables is “entry-level” cooking for some people, and produces delicious, nourishing results!
- Roasted vegetables are portable, make great leftovers for a lunch, and are often enjoyed by children as well.

Here's a recipe to share with patients:

ROASTED VEGETABLES

INGREDIENTS
- 1 lb (more/less ok) of vegetables - broccoli, cauliflower, brussel sprouts, cabbage, carrots, sweet potatoes
- olive oil - roughly 2-3 tablespoons depending on quantity of vegetables
- salt and pepper to taste
- Optional: herbs of choice - rosemary, sage, cumin, turmeric

DIRECTIONS
- preheat oven to 375 F
- Chop vegetables in bite sized pieces, being mindful to keep them roughly the same size.
- Place chopped vegetables in a large mixing bowl and add olive oil. Toss by hand or with a wooden spoon until olive oil is evenly distributed.
- Add herb/spice (if using) of your choice, approximately ½-1 tablespoon of spices (cumin, turmeric) or 1 Tablespoon of dried or fresh herbs.
- Add salt and pepper to taste.
- Transfer vegetables to a baking sheet or glass baking dish (9x13) and bake for 30-40 minutes or until tender when poked with a fork.
One way to encourage patients to move their diet toward more whole foods is to help them think how they could incorporate foods closer to how they are produced in nature.

This approach can help people take stock of their own food choices and where they have room, access and energy to make small shifts in their daily consumption toward a more basic, ingredient-based way of eating.

Another route for incorporating more vegetables into one's diet is through sautéed greens.

They can be a side dish, or the main attraction, incorporating a sauce, some nuts or a grain to make it more complex and interesting.

These are an excellent source of Vitamin K and Calcium, both essential for bone health, and in greens those nutrients are better absorbed than through dairy.

Here's a simple recipe to start with:

**SAUTÉED GREENS**

**INGREDIENTS**
- A large bunch of greens (spinach, collard greens, kale, chard, mustard greens, etc), chopped
- 1 small onion, chopped
- Olive oil, 2-3 tablespoons
- Salt and pepper

**DIRECTIONS**
- In a medium-large skillet (cast iron or stainless steel work well), heat olive oil over medium heat.
- After oil is hot, add chopped onion and sauté until translucent, around 3-4 minutes.
- Add chopped greens and stir into onions, adding a pinch of salt and some pepper if desired.
- Cover briefly to allow greens to steam and wilt.
- Remove from heat when greens are still bright green, but not limp.

• This prepares the digestive system to receive the food we are about to consume, and more effectively process it.
• Distractions (TV, media, phone) reduce the body's ability to properly digest food.
• More ‘advanced’ patients might grab onto the concept of Mindful Eating, being present with their food, attending to just the food before them and savoring the tastes, smells and textures.
• One study found that only a Mindful Eating intervention yielded weight loss and reduced overeating significantly.