

The Health Chat - August 2019

*If you own your story, you get to write the ending. -
Brene Brown*



Stay hydrated, my friends.

It's August! Typically the hottest and most humid month of the year. You're hot, you're sweaty, you may even be a little sunburned, and likely you are dehydrated as well. So let's talk about staying well hydrated and why it's so important.

Did you know that 60% of an adult human body is made of water? Our brain and heart are composed of 73% water, and our lungs are 83% water. Water is beneficial in so many ways. It cleanses your kidneys, supports healthy skin, and increases concentration. Additionally, water keeps your cells hydrated, helps maintain a healthy balance of body fluids, and supports healthy digestion as well as bowel movements. Therefore, one of the simplest things you can do to improve your overall health is to make sure you drink plenty of clean water throughout your day.

Ideally, you should be drinking a minimum of half your body weight in ounces per day. For example, a 125 lb person would need to drink about 62 ounces of water a day- that's about eight 8 ounce glasses of water in a day. If you drink coffee, black or green tea, or alcohol, you will need to drink even more than the minimum recommendation as these beverages are dehydrating. Furthermore, if you have been exercising, swimming or sunbathing add even more water to your daily routine.

Often it can be beneficial to consume an electrolyte drink before, during or after works outs, sports or a day out in the sun. Be careful with what type of drink you choose, as many mainstream sports drinks are nothing more than sugar water with some salt, artificial flavors, and artificial colors.

Lastly, listen to your body and be on the lookout for signs of dehydration. Here are a few ways to tell if you are getting dehydrated: dry or parched mouth, fatigue, loss of concentration, headache, dark yellow urine, crying without tears (especially for children), muscle cramps and spasms, constipation, and light-headedness. As I always say, nobody knows what it's like to live in your body better than you do and your body will tell you what it needs if you take the time to listen. Health is comprised of so many things- staying

hydrated is just one of them, but it's so simple to do. So start drinking more water today, you may be surprised at how much better you feel!



In health & happiness,

Dr Brooke



Product Highlight

Superieur Electrolytes

This product is amazing! These electrolytes are made with sea salt, sea minerals, real vitamin C and also bamboo stem extract, an organic source of the mineral silica, which is an anti-aging antioxidant vital to healthy hair, skin, and nails.



Southboro Wellness Celebrates Southboro Women

Meet Kristine Shifrin, a lifelong resident of Southboro. She's a successful realtor, a genuine friend, an extraordinary mom, a devoted wife, a kind and compassionate woman. We sat down with Kristine to talk about her career, her family and their story.

Links:

Facebook: <https://www.facebook.com/Shifstrong-1...>

ALSOne: <http://www.alsone.org/>

CCALS: <https://ccals.org/>

Go Fund Me: <https://www.gofundme.com/f/shifstrong>

Southboro Wellness



Recipes

The hot heat of August means no one wants to cook and we search for dishes that can be served cold. Add grilled chicken, steak or fish to make these a bigger meal.

Macaroni Salad (can make this gluten free as well)

Ingredients

Box pasta of your choice - gluten free is delicious

1/3 cup diced celery

1/4 cup minced red onion, soaked in cold water for 5 minutes, drained

1 tablespoon minced flat-leaf parsley

1/2 cup diced vine-ripened tomato (optional)

1/2 cup diced cucumber - and any additional veggies of your choice

1/4 cup diced black olive

1/2 cup extra virgin olive oil

3/4 teaspoon dijon mustard

1 teaspoon honey

1 1/2 tablespoons cider vinegar

1/2 teaspoon kosher salt, plus more to taste

Freshly ground black pepper

In a large bowl combine the macaroni, celery, onion, parsley, and tomato, if using. In a small bowl, whisk together the olive oil, mustard, honey, vinegar, and salt. Pour the dressing over the salad and stir to combine. Add chicken or steak to make this a bigger meal. Season with salt and pepper to taste. Serve. Store covered in the refrigerator, for up to 3 days

Quinoa Salad

Ingredients

12 cups water

1 1/2 cups quinoa, rinsed

5 pickling cucumbers, peeled, ends trimmed, and cut into 1/4-inch cubes

1 small red onion, cut into 1/4-inch cubes

1 large tomato, cored, seeded, and diced

1 bunch Italian parsley leaves, chopped

2 bunches mint leaves, chopped

1/2 cup extra-virgin olive oil

1/4 cup red wine vinegar

1 lemon, juiced

1 1/2 teaspoons salt

3/4 teaspoon freshly ground black pepper

4 heads endive, trimmed and separated into individual spears

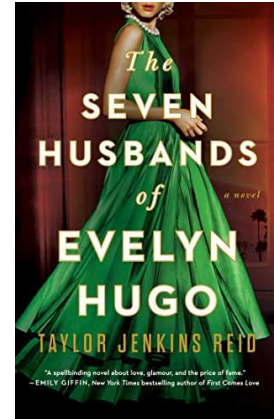
1 avocado, peeled, seeded and diced, for garnish

Directions

Bring the water to a boil in a large saucepan. Add the quinoa, stir once, and return to a boil. Cook uncovered, over medium heat for 12 minutes. Strain and rinse well with cold water, shaking the sieve well to remove all moisture. When dry, transfer the quinoa to a large bowl. Add the cucumbers, onion, tomato, parsley, mint, olive oil, vinegar, lemon juice, salt, and pepper and toss well. Spoon onto endive spears, top with avocado, and serve.

Book Recommendation

"In her latest mesmerizing tale, Reid transports readers back to Hollywood's heyday with a heroine in the likes of — but more intriguing than — Elizabeth Taylor, Zsa Zsa Gabor and Katherine Hepburn. Yes, Evelyn Hugo is the glamorous idol you admire, but she's also the relentless fighter you aspire to be. Her life's story is heartbreaking, yet beautiful and will keep readers captivated until the very last page." (Jamie Blynn, *Us Weekly*)



UPCOMING EVENTS

Announcing our second annual

Patient Appreciation Day!

September 18th - 10am-6pm

- * Mindfulness & Meditation Session - 1:45pm
- * Seated Massage with Theracopia
- * Fyzical Therapy - Deep Tissue Laser Therapy
- * Raffles & more!

September 18 @ 1:45pm: *Practicing Meditation & Mindfulness with Sheryl White - relax, refresh and renew in this hands-on workshop and practice the art of Mindfulness & Meditation. There will be various simple mindfulness exercises to follow and guided meditations. All levels are welcome and please dress in loose comfortable clothing.*

October 16 @ 12:15pm: *Natural Ways To Boost Your Immune System*

November 13 @ 12:15pm: *Stress Management*

[More events at Southboro Wellness](#)



STORE HOURS

M, T, W, Th: 10am to 6pm

Friday: 10am to 5pm

508-353-0483

southborowellness@gmail.com

(We are located between Red Barn & Sperrys
on Route 9 West)



You've got this! Keep moving forward and don't give up. Your body has an amazing ability to heal itself when it's treated well, but remember healing takes time. We are here to support you on your road to health and well-being.

No question is too small, stop by the store or reach out via email/phone anytime.

Be well,

The Southboro Wellness team

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508-667-0714
