

# The Health Chat - July 2019

July 2, 2019 | HEALTH CHAT NEWSLETTER



*keep your eyes on the stars and your feet on the ground...*

## ***Have you heard the term GROUNDING?***

*Have you ever wondered why you feel so refreshed, relaxed, and calmer after you've spent the day at the beach? Or maybe you've noticed that you have the best nights sleep after a day at the ocean or lake. For a person like me who deals with anxiety, it's virtually impossible to feel overly stressed with a rapid pulse when I have my toes in the sand. Why is that? Well, aside from the fact that we're getting fresh air, vitamin D, and are often spending time with good friends or with a good book, we are also GROUNDING ourselves in a big way.*

*Grounding, or earthing, is coming in contact with the Earth's surface electrons which are negatively charged. Simply put, grounding is connecting electrically with the Earth. Our ancestors were able to ground themselves all day long because they walked barefoot or in shoes made of animal hide. Modern-day shoes with their rubber soles block our electrical connection to the Earth. Therefore, the easiest way to ground yourself is by standing barefoot on the ground or grass or by sitting in the grass. The best most effective way to get grounded is to be barefoot and also in a conductive body of water such as the sea or a mineral-rich lake. This is why we feel so relaxed after we've spent the day at the beach.*

*Did you know that our bodies have trillions of subtle electrical communications that are a vital part of the function of our body's systems? Often this communication can get disrupted from too many positive charges from free radicals or electromagnetic radiation that's in computers, mobile phones, wifi, blue tooth, powerlines, and electrical appliances. Grounding each day can bring the body back into electrical balance after being inundated by all of our technology.*

*It has been reported that grounding can induce feelings of calm, reduce stress/anxiety/irritability, improve sleep, reduce inflammation, and improve blood circulation. So, take advantage of the warm summer months and spend some time barefoot in the fresh-cut dewy grass or at the beach or lake and encourage your kids to do the same. If you're at your child's baseball game or another sporting event, kick off your sandals and put your feet in the grass for a bit. Start reaping the benefits of grounding today!!*

*In health & happiness,  
Dr Brooke*

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### **Product Highlight**

#### **Foot Levelers: Custom Made Orthotics**

Foot Levelers customer orthotics are individually designed for your feet – helping achieve a balanced foundation and stabilized pelvis. These stabilizing orthotics bring health and healing to the whole body by balancing the musculoskeletal system. Stop into the office to learn more.

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### **Southboro Wellness Celebrates Southboro Women!**

*This month we are celebrating BRAVE Yoga For All and Lisa Irvine. Lisa is a licensed occupational therapist and is certified in yoga instruction and pediatric yoga. She currently works with youth at the New England Center for Children (NECC), a private school for students with developmental disabilities. Ms. Irvine teaches the practice of yoga for its improvement of gross motor, fine motor, oral motor, and visual motor skills, and its benefits in reducing anxiety, promoting self-awareness, as well as increased balance, postural strength, stability, and improved focus. She has earned a Masters Degree in Occupational Therapy from Dominican College and is a member of the American Occupational Therapy Association.*

Contact Lisa at <https://www.braveyogaforall.com/>

Watch our interview with BRAVE and the rest of our series on our website at <https://southborowellness.com/educational-videos>

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***It's BBQ season and so many delicious dinners come from grill. Here are a few tips to keep your grilled meals healthy and safe.***

- 1. Never clean your grill with a wire brush.** Wire brushes are great for getting rid of stuck-on food, but they can be very dangerous. Little pieces of wire from the brush can break off and get stuck in your food
  - 2. Shake up your BBQ with clean proteins.** The best choices are low mercury fish (salmon, trout, and mackerel are all great options!) and marinated chicken breast and turkey burgers are always a nice change of pace!
  - 3. Marinate your food.** Marinating your food not only makes it taste great, but it also may help reduce carcinogens caused by grilling. One found that marinades that contain thyme, sage, and garlic reduced the amount of carcinogens in food by as much as 88 percent.
  - 4. Try creative buns!** Wrap burgers or grilled chicken in Swiss chard to up your intake of vitamins K, A, and C, [magnesium](#), potassium, iron, and fiber. Kale, green cabbage, and lettuce are other great options.
  - 5. Have fun and make your own condiments.**
  - 6. Try some new healthier sides.**
  - 7. Why not grill your dessert?** Skipping cookies, cupcakes, brownies, and other sweet treats doesn't have to leave you wanting more. Once the main course is finished, try grilling pineapple or stone fruit (peaches, nectarines, and plums). YUM!
  - 8. Add color - lots of color!** Brush with olive oil so they won't stick and grill them. Some favorites include asparagus, avocado, bell peppers, corn, eggplant, mushrooms, onions, potatoes, squash and zucchini.
  - 9. Add wine & beer.** At your next barbecue, don't forget beer and wine...for your marinade. We know red wine is full of antioxidants, and this can carry over in your marinades.
  - 10. Mind the temperature.**
    - Ground beef, pork, veal or lamb -160 degrees
    - Ground turkey or chicken - 165 degrees
    - Steaks, roasts & chops - 145 degrees
    - Poultry breasts, thighs, legs or wings - 164 degrees
    - Fish - 145 degrees or until opaque and separates easily with a fork
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## **Delicious Recipes**

### **Chopped Kale, Edamame, Avocado & Carrot Salad**

1 bunch kale, fine-grain sea salt, 1 cup chopped snow peas (slice off tough ends first), 1 large carrot, peeled and ribboned with a vegetable peeler, 1 small red bell pepper, deseeded and chopped, 1 heaping cup organic edamame (if using frozen edamame, defrost by tossing into a pot of boiling water for 3 to 4 minutes), 1 avocado, pitted and sliced into small chunks, 1 large shallot, finely sliced, handful cilantro, chopped, handful Thai basil (or regular basil), chopped

Use a chef's knife to remove the tough ribs from the kale, then discard them. Chop the kale leaves into small, bite-sized pieces and transfer them to a mixing bowl. Sprinkle the kale with a dash of sea salt and use your hands to massage the kale by scrunching up the leaves in your hands and releasing until the kale is a darker green and fragrant. Toss the remaining salad dressing ingredients with the kale.

*To make the vinaigrette, whisk together all the ingredients until emulsified. Toss the dressing with the salad and serve. Ingredients: ¼ cup olive oil, 2 tablespoons rice vinegar, 1 tablespoon finely grated ginger, 1 tablespoon low-sodium tamari (or other low-sodium soy sauce\*), 2 teaspoons lime juice, 3 garlic cloves, pressed or minced*

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### **Book Recommendation**

*In her latest novel, *When Life Gives You Lululemons*, Lauren Weisberger drops Emily Charlton, Miranda Priestly's uber catty assistant from *The Devil Wears Prada*, into the suburbs of Connecticut, and the result is hilarious. If you are looking for an easy breezy beach read, this book is for you!*

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### **UPCOMING EVENTS**

***Announcing our second annual  
Patient Appreciation Day!***

**September 18th - 10am-6pm**

**September 18 @ 1:45pm:** *Practicing Meditation & Mindfulness with Sheryl White*

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

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

[More events at Southboro Wellness](#)

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### **STORE HOURS**

**July 3rd - open 10-2pm**

**July 5th - closed**

**July 18 - July 26th - closed**

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

Friday: 10am to 5pm

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