



St. Patrick's Day

Come in on St. Patrick's Day, Wednesday, March 17th, wearing green and you'll be entered to win a dinner for two to Brennan's Irish Eatery! Oh, and we'll also have chocolate gold coins for everyone ☺



Exercise of the Week:

How to Perform Breath of Fire Breath Work Exercise in Yoga

The Breath of Fire (Kapalabhati) breath work (pranayama) is associated with Kundalini yoga. This rapid, rhythmic breathing exercise cleanses toxins and also energizes the body and mind. This breath work exercise can help you if you are feeling tired or unfocused and helps with clarity and concentration.

BREATH OF FIRE EXERCISE: Energizes and Cleanses

Step 1: Sit on your yoga mat or chair. Place your right hand on your stomach. Take a few seconds to focus and center yourself. Inhale a deep breath through your nose. Feel your stomach relax and push outward as you inhale.

Step 2: Exhale through your nose. Feel your stomach as it pushes inward as you exhale.

Step 3: Inhale through your nose. As you exhale through your nose, pull the solar plexus (the spot above the navel) back toward the spine with a pumping action. The exhaled air should leave the nostrils with a forceful "sniffing" sound.

Step 4: Relax the solar plexus and immediately inhale with a sniffing sound. Do not pause between the inhalation and exhalation. Practice one round of 15-20 repetitions.

~Therese M. Pope, eHow Contributing Writer, www.ehow.com

Health Tip of the Week:

Easy Allergy Relief



If the ideas of March mark the beginning of sniffle season for you, take heart. You can relieve allergy symptoms without a trip to the drugstore, says

Jordan S. Josephson, M.D., a nasal and sinus specialist in New York City.

RETHINK YOUR DIET Ditch foods you don't digest well (wheat, dairy and nuts are the most common). They send your immune system into "attack" mode, weakening its power to fight allergens.

CLEANSE YOUR SINUSES One of the best ways to counteract congestion, an itchy nose and eyes and even fatigue is to irrigate your sinuses with a neti pot (an Indian vessel designed specifically for clearing the nasal passages). Make your own saline solution for the pot by mixing ¼ teaspoon salt with 8 ounces of warm water, and use morning and night.

SHOWER IN THE EVENING if possible, stay indoors when the pollen count is highest (between 10 a.m. and 4 p.m.). Or take a shower when you get home for the night, to rid yourself of pollen that's on your skin and hair. "One of the biggest culprits of symptoms is getting pollen on your pillow and sleeping on it," says Josephson.

~Natural Health Magazine, March 2010

*As with all foods, the more you drift away from it's whole food form, as in processed, the more unhealthy it becomes for you to consume. Try to choose soy options that are the least processed, not Genetically Modified (GMO), and organic.



Spotlight on Soy

~Maggie

Once hailed as the key to curing cancer, stopping heart disease and shedding pounds, soy has recently been the subject of warnings that may cause you to wonder about your intake. Make no mistake: Soy *is* beneficial in modest amounts. Follow these guidelines to experience the joy of soy:

- Choose whole food forms of soy. Fermented forms such as miso, natto, and tempeh are the easiest for the body to digest and absorb because fermentation neutralizes the phytic acid in the soy. Bonus: Fermented foods have a probiotic effect, says Breea Johnson, R.D., an integrative nutritionist in Chicago. They promote good digestion and boost immunity.
- Don't overdo it. Keep track of how much soy is in the product per serving. If you have too much, the organic compounds may upset your hormone balance, says Johnson, so limit soy to one serving per day.
- Substitute soy for meat a few times a week. "Soy is a complete protein like meat, but without the cholesterol and saturated fat that meat has," says Andrea Giancoli, R.D., spokeswoman for the American Dietetic Association. It's also a rich source of B vitamins, iron and antioxidants.

~Danielle Bruff, *Natural Health Magazine*, March 2010

Miso – A Live Food for All Occasions

©Louise Hagler

Traditional unpasteurized miso is a live food that can enhance both daily fare and special holiday dishes. Along with being a tasty treat, it contains beneficial bacteria to aid digestion and can bind with toxins in the body and carry them out. The traditional process of making miso begins with cooked grains (usually rice or barley) being inoculated with *aspergillus oryzae* spores. Together, they are incubated overnight and become what is called koji (pronounced KO-jee). The next day the koji is mixed with cooked soybeans or chickpeas and salt. Soybeans add complete, high-quality protein plus all the healthful benefits of the whole soybean, while natural sea salt adds an abundance of trace minerals. This mixture is packed into wooden vats, then covered and weighted down. The fermentation process can last up to three years, if done using traditional methods.

The culturing and fermentation processes change the soybeans and rice or barley to a readily digestible form. It also transforms both bean and grain into a kind of protein booster. Since the essential amino acids in the soy and grains complement each other, the amount of protein that can be utilized by the body is increased.

Miso usually contains soy protein from soybeans, which, unlike animal protein, allows the regular excretion of sodium from the body, helping to keep blood pressure lower. There are recent studies suggesting that the fermentation process in miso creates antihypertensive peptides that may also help lower blood pressure.

Cilantro Miso Pesto

(from Miso Cookery)

This versatile bright green pesto is an east/west fusion food that makes an inviting holiday appetizer served with sweet red and yellow bell pepper strips or crackers and chips. For a festive finger food, fill bite-sized pastry shells with this quick and easy pesto. From the first time I put it together, it became a frequent addition to daily menus. Try tossing Cilantro Miso Pesto with hot pasta or add a little more oil and some vinegar or lemon juice to make a tasty salad dressing. Hempseed has a unique nutty flavor plus all the essential amino acids and both omega-6 and omega-3 fatty acids.

Quick and easy to prepare, it makes a great last minute addition to any party fare. It can be made a few hours ahead of time and refrigerated in an airtight container.

Makes 1 cup



Process in a food processor until minced:

- 3 ounces (1 1/2 cups chopped) cilantro
- 2 to 4 cloves garlic (to taste)
- Add and process until well blended:
- 1/2 cup raw cashews, walnuts, or hulled hempseeds
- 2 tablespoons sweet white, mellow white, or sweet barley miso
- 2 tablespoons olive oil (optional)

¡Provecho!

Louise

~www.healthy.net



The Eco-Dentistry Association Honors February's Children's Dental Month with 10 Kid-friendly Tooth Tips

Organization says green dental practices that start early can last a lifetime and make an impact

BERKELEY, California The Eco-Dentistry Association™ (EDA), an international association of dental professionals who use eco-friendly methods, honors February's Children's Dental Month by encouraging parents to incorporate green dental practices early in their children's lives. A green routine that starts early can instill environmental wellness values that last a lifetime and make an impact on the planet.

So, here are 10 tips to keep in mind:

1. The best medicine is prevention! So start kids with brushing and flossing early, and build a habit of brushing after sweets.
2. Teach your kids to turn off the water while they brush. This can save up to 90 glasses of water per day!
3. Look for toothpaste that does not contain sodium lauryl sulfate which can cause canker sores in some kids.
4. The teen years are a great time to introduce a tooth tonic or mouthwash into a dental routine. Look for one that does not contain alcohol. You may not realize it, but some mouthwashes can contain up to five times the alcohol of beer.
5. Test your child's bio-compatibility. A simple blood test can let you know if your child may be sensitive to certain dental materials, and determine the restorative materials most suitable for your child's bio-chemistry.
6. Night guards for teens. Prevent damage caused by clenching and grinding related to stress. Choose one created by your dentist specific to your teen's bite. Ask for one that doesn't contain potentially harmful BPA's found in many plastics.
7. Digital imaging - choose digital imaging for your child's radiographs (x-rays). These diagnostic images use less radiation, won't degrade over time and are easily sent by e-mail to specialists.
8. Dentistry is a healing experience and should not be traumatic. Take your child with you to your dental appointments from a young age. Sitting on your lap or getting to sit in the dental chair without being a "patient" will ensure dental appointments are a positive experience for your child.
9. Dental statistics show that tooth decay is the most common health concern that kids face. That's why it's very important for kids to have timely dental checkups to check for decay before too much of the tooth structure is affected.
10. Visit www.ecodentistry.org to find an eco-friendly dentist near you. Green dental offices avoid many of the toxic chemicals used in dental office processes. This means cleaner air for you and your family while in the office, cleaner air and water for your community, and less waste for the landfill.

A few facts about children's dental health:

- 77% of US children ages 2-17 have at least one dental visit per year.
- Tooth decay remains the most common chronic disease among children ages 5-17, with 59% affected.
- More than 51 million hours of school are lost each year by children due to dental related illness.
- Only 40% of young people age 6 to 19 have ever had cavities in their lives. That's down from 50% a decade ago.

The EDA offers dental professionals practical tips on reducing waste and pollution and conserving resources, like setting photocopiers to make double-sided copies, proper disposal of mercury-containing dental waste, and planet-friendly building and office methods, like using non-toxic paint and electronic patient communications.

It provides the public with information about digital x-ray systems which reduce radiation exposure by up to 90%, dental appliances free from the hormone-disrupting chemical, bisphenol-A, found in many plastics, and questions to ask their dentists about environmental stewardship. The Association's web site also allows eco-conscious consumers to search for eco-friendly dental professionals in their area.

The EDA's members are representative of the dental profession and include general and specialist dentists, hygienists, dental assistants, dental labs, and office managers. The group's members hail from all over including unexpected places like Waxahachie, Texas, Beachwood, Ohio and Fort Bragg, North Carolina.

The organization is the brainchild of Dr. Fred Pockrass, a dentist, and his entrepreneur wife, Ina Pockrass. Six years ago, the couple created the model for eco-friendly dentistry, and operates their own award winning dental practice in Berkeley, California, the first in the country to be certified as a green business. They formed the organization to stimulate a movement in the dental industry to employ environmentally-sound practices.

More information can be found at www.ecodentistry.org

~Healthy News Service, www.healthy.net, February 6, 2010



Chicken & Spiced Apples

From EatingWell: Winter 2003, The EatingWell Healthy in a Hurry Cookbook (2006)

The buttery apples suit these chicken breasts, which are pounded thin so they cook evenly and quickly. You could also serve this compote with any roasted meat or vegetable.

Servings: 6

Active Time: 20 minutes

Total Time: 20 minutes

Nutrition Profile:

Diabetes appropriate | Low calorie | Low carbohydrate | Low saturated fat | Low sodium | Heart healthy | Healthy weight

INGREDIENTS

- 2 apples, preferably Braeburn, peeled and thinly sliced
- 1 tablespoon lemon juice
- 1/4 teaspoon ground cinnamon
- 3 teaspoons extra-virgin olive oil, divided
- 3 teaspoons unsalted butter, divided
- 1 1/8 teaspoons herbes de Provence, (see Note), divided
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 1/2 pounds boneless, skinless chicken breasts, trimmed
- 1 cup reduced-sodium chicken broth
- 1 teaspoon freshly grated lemon zest

PREPARATION

1. Toss apple slices with lemon juice and cinnamon in a small bowl. Heat 1 teaspoon oil and 1 teaspoon butter in a medium nonstick skillet over medium-high heat. Add the apples and cook, stirring occasionally, until tender, about 5 minutes. Keep warm.
2. Mix 1 teaspoon herbes de Provence, salt and pepper. Place chicken between sheets of plastic wrap and pound with a meat mallet or the bottom of a small saucepan to a 1/2-inch thickness. Sprinkle the chicken on both sides with the seasoning mixture.
3. Heat 1 teaspoon oil and 1 teaspoon butter in a large skillet over high heat. Add half the chicken and cook until no longer pink in the center, 2 to 3 minutes per side. Remove to a platter and keep warm. Add the remaining 1 teaspoon oil and 1 teaspoon butter to the pan; heat over high heat. Cook the remaining chicken in the same manner.
4. Add broth, lemon zest, the remaining 1/8 teaspoon herbes and any accumulated juices from the chicken to the pan. Cook, stirring to scrape up any browned bits, until slightly reduced, about 3 minutes. Spoon the sauce over the chicken and serve with the sautéed apples.

TIPS & NOTES

Ingredient note: Herbes de Provence is a mixture of dried herbs commonly used in the south of France. You can find commercial mixtures in specialty stores, but it is easy to make your own. Mix 1 tablespoon each (or equal proportions) dried thyme, rosemary, oregano, marjoram and savory in a small jar. If desired, add a pinch of dried lavender and crushed aniseed.

NUTRITION

Per serving: 191 calories; 6 g fat (2 g sat, 2 g mono); 72 mg cholesterol; 6 g carbohydrates; 27 g protein; 1 g fiber; 292 mg sodium; 342 mg potassium.

Nutrition Bonus: Niacin (65% daily value), Selenium (29% dv).

1/2 Carbohydrate Serving

Exchanges: 1/2 fruit, 3 1/2 lean meat, 1 fat



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