

### In This Week's Issue:

Exercise  
of the  
Week

Jammin'  
Jambalaya

Health  
Tip of  
the Week

Beautiful  
Hair

Mind-Training  
Exercises to Keep  
Your Brain Fit

## Jammin' Jambalaya



This notoriously spicy Creole dish combines meat, seafood, poultry, rice, and whatever vegetables happen to be lying around the kitchen. Our extra satisfying version uses turkey sausage (instead of pork) to lower the fat content by about 16 grams per link and brown rice to add 4 more grams of fiber to the pot. This hefty dose of satiating protein and healthy whole grains will keep you from heading back to the fridge for a midnight snack.

**Serves:** 6    **Prep:** 10min    **Cook:** 8hr 0min    **Total:** 8hr 10min

### Ingredients

- 1 large onion, peeled and diced
- 3 cloves garlic, peeled and minced
- 2 stalks celery, diced
- 2 carrots, diced
- 2 medium size sweet red peppers
- 1 can (15 oz) crushed tomatoes
- 1 cup long grain brown rice
- 1 package (12 oz) andouille turkey (or chicken) sausage, cut into 1/2 inch thick rounds
- 1 tsp hot sauce
- 2 tbsp fresh thyme, minced (or 2 tsp dried)
- 1 tsp sea salt
- 1/2 tsp ground black pepper
- 2 cup water
- 3 tbsp fresh parsley, minced
- 1 lb shrimp, peeled and deveined

### Directions

- Place in crock-pot in the following order; onion, garlic, celery, carrots, peppers, tomatoes, rice, and sausage
- Add hot sauce, thyme, salt, pepper, and water.
- Cover and cook on low for 8 to 9 hours.
- One hour before its finished cooking, toss in parsley and shrimp. Stir until well combined, adding more water if needed.

**Nutritional Facts per serving:** Calories 316.2, Fat 5.7g, Sat Fat 2g, Cholesterol 128.9mg, Sodium 939.2mg, Carbohydrates 40g, Total Sugars 5.6g, Dietary Fiber 5.2g, Protein 29.4g

~Women's Health Magazine

## Beautiful Hair

### Super-Clean Shampoo

Products like gel and hair spray – even some shampoos and conditioners – leave a residue behind that can make your hair look dull. Try adding a teaspoon of baking soda to your shampoo once a week to remove this build-up and leave your hair clean and shiny.



### Avocado Ginger Hair Mask



The ginger stimulates your scalp while the avocado moisturizes. Sesame oil is the best, but it's OK to substitute another oil if you need to.

**1 avocado    1 tsp powdered ginger    1 tsp sesame oil**

Mash everything together to make a smooth puree. Apply following below instructions, and then wash your hair thoroughly.

### Applying a Conditioning Mask

- Always apply your hair mask to wet hair before shampooing.
- Work the mask over your scalp and down to the ends of your hair. Cover your hair with a shower cap and let the mask work for 10–15 minutes.
- To intensify the treatment, wrap a warm, just-out-of-the-dryer towel around your head turban-style. A warm, damp towel also works.
- Rinse your hair in warm water, then shampoo it thoroughly.

~*The Body Book*, Anne Akers Johnson

### Health Tip of the Week:

## Mind-Training Exercises Keep Your Brain Fit as You Age

Researchers found the reason why older people easily forget things is because they memorize too many unimportant things. Experts claim that when muscles aren't exercised, they become stunted; therefore keeping mentally fit throughout our lives increases the chances of staying mentally fit during older age.

Experts believe the degeneration process begins at the age of 40, but people begin to notice once they retire, a slowing down due to the lack of using concentration and memory skills.

Research has shown that memory can be activated with simple exercises such as searching for famous people whose first names begin with the letter A. Other research has shown instances of older people remembering better with sound, rhyme and picture associations. It has been discovered that older people learn by repeating material frequently and excel if the material is well structured in a quiet environment. Also, breaks in daily routines with the course of taking on a new hobby have shown to be beneficial in keeping the brain active.

~ *Independent Online* March 18, 2004

**Sugar** is one of the main culprits linked to memory loss. Studies have proven that people with the inability to rapidly bring down elevated sugar levels are more likely to experience memory loss. Just for this reason alone, it is of utmost importance to eliminate toxic sugars from your diet.

Additionally, please definitely consider optimizing your intake of **omega-3 fats**. The best way to get a routine dose of omega-3 fats is through a **high-quality fish oil or cod liver oil** as a lack of omega-3--and most Americans are lacking in this important fatty acid--seems to be a strong indication of those who struggle with memory problems.

~ Dr. Mercola



## Eight Tips for “Rewiring” Your Brain Naturally

One of the simplest methods, suggests neuroscientist Michael Merzenich, is to keep on learning.

People often compare your brain to a computer, but there is an important difference. While a computer's hardware does not change, the size and structure of neurons and the connections between them actually change as you learn. This can take on many forms above and beyond book learning to include activities like traveling, learning to play a musical instrument or speak a foreign language, or participating in social and community activities.

Another important method? Brain aerobics. As with learning, challenging your brain with **mind-training exercises** can keep your brain fit as you age. This can be something as simple as searching for famous people whose first names begin with the letter A, doing crossword puzzles or playing board games that get you thinking.

Going one step further, you can also change your lifestyle to boost your brain health by making the following changes:

1. **Take omega-3 fats.** The omega -3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) keep the dopamine levels in your brain high, increase neuronal growth in the frontal cortex of your brain, and increase cerebral circulation.
  2. **Exercise.** Exercise may encourage your brain to **work at optimum capacity** by causing nerve cells to multiply, strengthening their interconnections and protecting them from damage.
  3. **Sleep well.** It's during sleep that your mental energy is restored, and a lack of sleep may cause your brain to **stop producing new cells**.
  4. **Eat healthy.** Like the rest of your body, your brain **depends on healthy foods** to function. While protein is the main source of fuel for your brain, vitamins and minerals from fresh veggies are also important, as is limiting sugar.
  5. **Get out into the sun.** This will help you maintain optimal vitamin D levels. Scientists are now beginning to realize vitamin D is involved in maintaining the health of your brain, as they've recently discovered vitamin D receptors in the brain, spinal cord, and central nervous system.
- There's even evidence indicating vitamin D improves your **brain's detoxification process**. For children and pregnant women, getting enough vitamin D is especially crucial, as it may play a major role in **protecting infants' brains from autism**.
6. **Turn off your TV.** Allowing children under the age of 3 to watch television can **impair their linguistic and social development**, and it can **affect brain chemistry** as well.
  7. **Protect your brain from cell phones.** Recent studies have found that cell phone users are **240 percent more prone to brain tumors**, and a study back in 2004 found that your risk of acoustic neuroma (a tumor on your auditory nerve) was nearly four times greater on the side of your head where your phone was most frequently held.
  8. **Avoid foods that contain artificial sweeteners and additives.** Substances such as **aspartame** (NutraSweet), artificial color and **MSG**, which are common in processed foods, can damage your brain. For instance, consuming a lot of aspartame may inhibit the ability of enzymes in your brain to function normally, and high doses of the sweetener may lead to neurodegeneration.

And there you have it. Simple, succinct and smart strategies to encourage your brain to function at its best, and continue to grow and make new connections, whether you're 19 or 90.

~ Dr. Mercola

**Baze**  
Fitness Center

**\$11<sup>99</sup>**  
Per Month!



- no start up fees or hidden charges
- state-of-the-art equipment
- personal training available

Ask for a tour at your next chiropractic visit

### Exercise of the Week: Part 2 of 4

## Total Body Tightening

With so little time to get in shape, you need to hit everything--hard.

For carving a solid core, Pilates is king. But it also makes a great total-body workout. Pilates challenges big and small muscles from your tootsies all the way up to the base of your noggin. The result is a longer--and leaner--looking you.

"It's resistance training, pure and simple, because you work with your own body weight in every move," says Alycea Ungaro, owner of Real Pilates in New York City. Do these four moves (other 2 moves to follow in next 2 newsletters) three days a week for a smashing silhouette.

## Move 2: Double-leg Stretch

**Works:** core, shoulders, back, glutes (butt), and legs



- Lie on your back.
- Bring your knees toward your chest and grab your shins.
- Brace your abs.
- As you lift your head, neck, and shoulders off the floor, extend your legs.
- Hold them about 12 inches off the floor and straighten your arms over your head with your palms up.
- Bring your knees back up to your chest and grab your legs again.
- That's 1 rep; do 8.

Look for Move 3 in next week's issue

## Dr. Baze's Health Talk Series



### Understand Your Body in a New Way.

Wednesdays, 6 pm at Baze Chiropractic

**The 7 Keys to Optimum Health:**  
May 27<sup>th</sup>

**Exercises for Optimum Health:** June 17<sup>th</sup>

**Stress Management for Optimum Health:** July 15<sup>th</sup>

Brought to You by: Maggie Winters, BS-AT, NSCA-CPT