

In This Week's Issue:

**Exercise
of the
Week**

**Compelling
Reasons to
Ditch Stress**

**Two Health
Tips this
Week!**

**Grilled Chicken Breast
with Watermelon
Jalapeno Salsa**



Marinated Grilled Chicken Breast with Watermelon- Jalapeno Salsa

Sweet watermelon perfectly complements the earthy spices—oregano, chili powder, and cumin— used to marinate juicy chicken breasts.

Yields 4 servings (serving size: 1 chicken breast half and 1 cup salsa)

Ingredients

- 1 tablespoon chopped fresh oregano
- 1 tablespoon extravirgin olive oil
- 1 teaspoon chili powder
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 3 garlic cloves, minced
- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray
- 2 cups (1/2-inch) cubed seeded watermelon
- 1 cup (1/2-inch) cubed peeled ripe mango
- 1/4 cup finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons finely chopped seeded jalapeño pepper (about 1 small)
- 1 tablespoon fresh lime juice
- 1/2 teaspoon sugar
- 1/4 teaspoon salt

Preparation

1. Combine first 6 ingredients in a large zip-top plastic bag.
2. Add chicken to bag; seal.
3. Marinate in refrigerator up to 4 hours, turning bag occasionally.

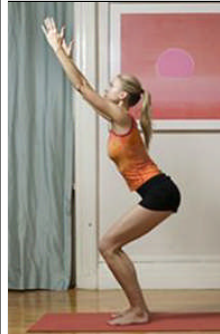
Prepare Grill

1. Place chicken on a grill rack coated with cooking spray.
2. Grill 5 minutes on each side or until done.
3. Combine watermelon and remaining ingredients.
4. Serve watermelon mixture with chicken.

Nutritional Information

Calories: 304 (25% from fat)
 Fat: 8.3g (sat 1.8g,mono 4.1g,poly 1.4g)
 Protein: 40.7g
 Carbohydrate: 15.9g
 Fiber: 1.5g
 Cholesterol: 108mg
 Iron: 1.8mg
 Sodium: 540mg
 Calcium: 44mg

~CookingLight



Exercise of the Week: **Yoga - Fierce Pose**

Stretches spine; strengthens quadriceps, ankles, back

1. Stepping your feet hip-width apart, spread through your toes to create a stable base. As you raise arms to the sky, palms facing each another, bend your knees and sit your buttocks back as though you were sitting into a chair.

2. Draw your abdomen in to eliminate any curving in the lower back. Put all your weight into your heels and be sure your knees do not extend past your toes. Hold for 5 deep breaths in and out through the nose. Rest for one minute. Repeat.

Why it is good for you

This pose is injury insurance, strengthening quadriceps, which provides stronger support around your knees, making them less prone to injury. Fierce pose also improves posture.

~Women's Health

Health Tips of the Week:

Want to Burn More Calories?

Add 10 minutes in the morning. While you may be religious about going to the gym after work, waking up 10 minutes earlier in the morning and taking a walk around the block (or, alternatively, simply dancing to your morning radio show for 10 minutes) will let you start off your day with a faster-burning metabolism and, most likely, head off to work in a better mood than usual.

Calorie-burning boost: 275 calories per week

Ease Charley Horses

Charley horses are leg cramps caused by involuntary muscle contractions. If you're getting them when you're resting, chances are they're triggered by dehydration or a mineral deficiency—often sodium, potassium, or magnesium. Some medications, including diuretics and cimetidine (a heartburn reliever), may also be the culprit.

To prevent these cramps: drink plenty of fluids throughout the day, eat high-potassium foods such as bananas and oranges, and stretch your calves before you go to bed. If you wake up with a cramp, walk around for a few minutes, massage the area, and then stretch.

~SHAPE

Compelling Reasons to Ditch Stress from Your Life

The fact is, you can't separate your wellness from your emotions. Every feeling you have affects some part of your body. And stress can wreak havoc even if you're doing everything else "right."

What is "Stress"?

The classic definition of stress is "any real or imagined threat, and your body's response to it." Celebrations and tragedies alike can cause a stress response in your body.

Some stress is unavoidable. Some mild forms of stress can even be helpful in some situations. But a stressor becomes a problem when:

- Your response to it is negative.
- Your feelings and emotions are inappropriate for the circumstances.
- Your response lasts an excessively long time.
- You're feeling continuously overwhelmed, overpowered or overworked.

It's important to realize that all your feelings create physiological changes. Your skin, heart rate, digestion, joints, muscle energy levels, the hair on your head, and countless cells and systems you don't even know about change with every emotion.

Marc notes that Americans, in general, tend to eat under a state of stress and anxiety.

While under stress, your heart rate goes up, your blood pressure rises, and blood is shunted away from your midsection, going to your arms, legs, and head for quick thinking, fighting, or fleeing.

All of these changes are referred to as the physiological stress response. Under those circumstances, your digestion completely shuts down. So a major problem with eating while your body is under the stress response is that you could be eating the healthiest food in the world, yet you won't be able to fully digest and assimilate that food, and your body will not be able to burn calories effectively.

How the Stress Response Affects Your Digestion and Health

The stress response causes a number of detrimental events in your body, including:

- Decreased nutrient absorption
- Decreased oxygenation to your gut
- As much as four times less blood flow to your digestive system, which leads to decreased metabolism
- Decreased enzymatic output in your gut – as much as 20,000-fold!

Many nutrients are also excreted during stress, particularly:

- Water-soluble vitamins
- Macrominerals
- Microminerals
- Calcium (calcium excretion can increase as much as 60 to 75 mg within an hour of a stressful event)

As if that's not enough, your cholesterol and triglycerides also go up, while gut flora populations decrease. You're also more likely to experience increased sensitivity to food and gastroesophageal reflux, or heartburn. But perhaps most importantly, when your body is under the stress response, your cortisol and insulin levels rise.

These two hormones tend to track each other, and when your cortisol is consistently elevated under a chronic low-level stress response, you'll likely notice that you have difficulty losing weight or building muscle.

Additionally, if your cortisol is chronically elevated, you'll tend to gain weight around your midsection. We've known for some time that body fat, and especially visceral fat (the fat that gathers around your internal organs, around your midsection) is a major contributing factor to developing diabetes and metabolic syndrome.

The bottom line?

When you eat under stress, your body is in the opposite state of where you need to be in order to digest, assimilate nutrients, and burn calories.

Everyday Stress Relief

There's no doubt that finding ways to relieve your everyday stress is an important, if not essential, aspect of optimizing your health. All the organics in the world can't help you if your body can't assimilate the nutrients you put into it.

Continued →

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Stress Continued

Stress is a serious factor in the illness of nearly all of the patients seen at my clinic. Because in addition to everything mentioned above, stress also plays a major role in your immune system, and can impact your:

Blood pressure **Cholesterol** **Brain chemistry**
Blood sugar levels **Hormonal balance**

You cannot eliminate stress entirely, but you can work to provide your body with tools to compensate for the bioelectrical short-circuiting that can cause serious disruption in many of your body's important systems. By using techniques such as meridian tapping, you can reprogram your body's reactions to the unavoidable stressors of everyday life.

But there are many other strategies you can employ to help you deal with stress and unwind each day, including:

- **Exercise.** Studies have shown that during exercise, tranquilizing chemicals (endorphins) are released in your brain. Exercise is a natural way to bring your body pleasurable relaxation and rejuvenation.
- **Proper sleep**
- **Meditation** (with or without the additional aid of brain wave synchronization technology)
- I also highly recommend you read the book **Feelings Buried Alive Never Die**. If you're experiencing any type of physical or emotional challenge in any aspect of your life, this book does a great job of explaining feelings: what they are, how you experience them, how they are integral to your physical health, and, most importantly, how to work with and overcome those that are pulling you down.

~ Dr. Mercola

Dr. Baze's Health Talk



Understand Your Body in a New Way.

Wednesdays, 6 pm at Baze Chiropractic

The 7 Keys to Optimum Health:

June 24th, July 8th, July 22,

Exercises for Optimum Health: June 17th

Stress Management for Optimum Health:

July 15th

Nutrition for Optimum Health: August 12th

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