

Mindful



Health

Newsletter

Vol. 2 • Issue #6

THE POWER OF ANTIOXIDANTS

Do you want to prevent premature aging? Do you want to feel energetic? Would you be willing to take precautions to prevent disease? Well you might want to take a minute and focus on antioxidants. Antioxidants are nutrients that protect your cells. They help to fight damage caused by free radicals, bolster the immune system, improve memory, reduce inflammation and help to protect your heart by lowering blood pressure and increasing circulation. There is also research being done on their effect on Alzheimer's disease and chronic fatigue syndrome.

WHAT ARE FREE RADICALS?

Free radicals can occur if:

1. You don't get enough sleep
2. You are under a lot of stress
3. You live in a polluted environment
4. You smoke or are exposed to smoke
5. You eat a junk food diet

HOW CAN I FIGHT FREE RADICALS?

If you think of free radicals as the layer of dirt on your cells you can think of antioxidants as the cleaning solution. If you incorporate antioxidant fighting foods into your diet you can reverse much of the damage. Look for foods with a high flavonoid content. Flavonoids are naturally occurring chemicals

found in vegetables and plants that have strong antioxidant properties.

Try these foods:

1. Green tea: A potent source of antioxidants
2. Berries: The USDA compared 40 other fruits and their antioxidant values and blueberries ranked #1.
3. Onions, broccoli and greens
4. Chocolate: Many of you are rejoicing right now! But choose dark chocolate.
5. Tomatoes: They contain lycopene, which is rich in antioxidants
6. Red grapes: Yes red wine has antioxidants
7. Garlic
8. Whole grains

***The Journal Agriculture Food Chemistry did a study which proved that there are more antioxidants in organic food than in conventionally grown food.*

I have established an antioxidant protocol for my clients which includes foods, vitamins and more. Call me if you would like to schedule a consultation.

SEE NEXT PAGE FOR A HEALTHY RECIPE!

**Come visit my website at
www.mindfulhealth.biz
for more information.**

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 956-7629 for a free consultation or e-mail her at Nicole@mindfulhealth.biz

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BLUEBERRY PEACH FLOAT

Food Network Sweet Dreams

Adapted for people with blood sugar issues

- 1 cup xylitol sweetener
- 2 cups water
- 1 vanilla bean, split
- 2 cups frozen peaches
- 1 tablespoon fresh lemon juice
- 1 pint blueberries
- 16 ounces tonic water

In a saucepan, bring to a boil the xylitol, water, and vanilla bean.

Once it boils add the frozen peaches and lemon juice and let them sit in the hot syrup 5 minutes. Remove the vanilla bean and puree the liquid. Strain into a shallow pan and freeze overnight.

Scrape the next day and store in a container in the freezer until ready to serve the floats.

To serve the floats, place a spoonful of the scraped peach granita in a small juice glass. Top with 6 or so fresh blueberries. Pour tonic water over to cover and serve with a straw, cut the straw shorter, if needed, to fit the glass.



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