

Mindful



Health

Newsletter

Vol. 1 • Issue #6

Take a look in the mirror. What do you see? Is it a face of health? How is your skin? Do you have clear, vibrant, wrinkle free, healthy-looking skin? If so, great; if not, keep reading. We all fall prey to ads for products promising to take years off of our skin, prevent age spots, and blemishes. But in reality this is not the answer. Our skin is one of our eliminative organs. Toxins that are found inside the body are pushed out through the lymphatic system, the digestive process or the skin. The truth is, the skin is a reflection of our internal health and it must be cured from the inside out.

Possible causes for blemishes:

- Stress
- Food allergies
- Zinc deficiency
- Digestive distress
- Toxic liver
- Hormonal imbalance
- Sugar

One of the most common complaints I hear from clients relates to adult acne, often found along the jaw line or the lower half of the face. This is usually related to a hormonal change or to liver congestion. (See my newsletter on liver health). Try to eat as many hormone-free products as possible, especially when it comes to meats and dairy. But in addition to the hormonal factor, I have also treated several clients who were allergic to soy and in turn their skin had broken out. As soon as they eliminated soy from their diet their skin cleared up. The location of your

pimples can actually be an indication of where the problem is internally. If you want to know more about this, feel free to ask me.

CURES FOR WRINKLES

Oftentimes wrinkles originate from improper digestion and poor circulation which prevent nutrients from reaching the skin. One of the best cures for this problem is to exercise frequently, drink lots of water and consume foods with Vitamin C such as Kale, broccoli, green tea, oranges and tangerines.

AGE SPOTS

Age spots appear on the hands, face and upper chest and they are a result of the consumption of too many simple carbohydrates, refined sugar, and honey. They can also be attributed to a lack of Vitamin E. Increase the amount of cold-pressed oils, eat some whole grains, nuts, dark green leafy vegetables and legumes.

UPCOMING SEMINAR:

“How to Stay Healthy on the Road and on the Run,” is a seminar taking place on Oct. 20 at the SLC Conference Center from 6:45-7:45 p.m. The cost is only \$15. You can take part in this beneficial program by calling me at (212) 452-3491 or writing me an e-mail at Nicole@mindfulhealth.biz

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) 452-3491 for a free consultation or e-mail her at Nicole@mindfulhealth.biz

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RECIPE OF THE MONTH

Lemon-Scented Roasted Vegetables

Adapted from Christina Pirello's Glow

- 4 to 6 shallots, peeled, halved lengthwise
- 8 to 10 baby carrots
- 4 to 5 small parsnips, halved or quartered
- 2 sweet potatoes, cut into 1-inch pieces
- 3 to 4 dried bay leaves
- 1/4 cup hazelnuts
- 1/2 cup pecan halves
- 6 to 8 dried apricots, coarsely minced
- 2 to 3 tablespoons extra-virgin olive oil
- Grated zest of 2 lemons
- Juice of 1 lemon
- Parsley sprigs for garnish



Preheat oven to 350 degrees. Lightly oil a large, shallow baking dish. Combine the vegetables, bay leaves, nuts and apricots in a mixing bowl and drizzle generously with olive oil. Turn gently to coat ingredients. Add lemon zest. Mix well to coat.

Spread the vegetable mixture evenly in prepared baking dish. Cover and bake about 40 minutes or until tender. Remove cover and bake 10 to 15 minutes more, or until vegetables are lightly browned. Remove from oven and toss with lemon juice, taking care not to break the vegetables. Serve garnished with parsley sprigs.

Note: I left out the soy sauce because many people are allergic to either soy or wheat, but if you would like to use it sprinkle it on when you add the lemon zest.

**Come visit my website at www.mindfulhealth.biz
for more information. Check here for upcoming seminars
and cooking classes.**

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