



DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

WELLNESS

Leading a Well-Balanced Life

The definition of wellness is “being aware of and actively working towards better health.” Knowing this, I’m sure you’ll agree that making the rest of your life the best of your life is something we all want for ourselves and our loved ones. The question that needs to be addressed is “how do I go about making the rest of my life the best of my life?”

While not quite as simple as defining wellness, the answer to this question revolves around five main areas. By striking a true balance between these five dimensions in your everyday life, you will be sure to see a difference in both the quality and quantity of your remaining years.

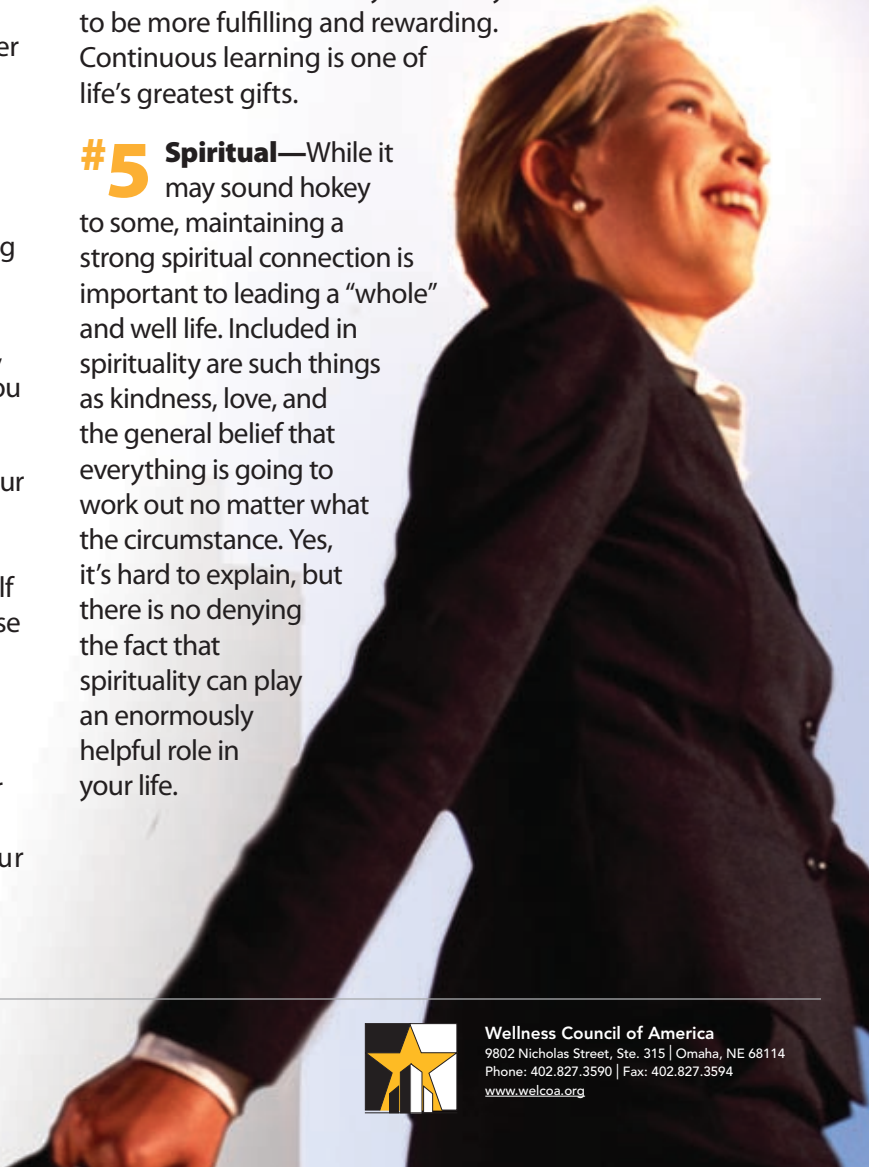
#1 Physical—the first area is an obvious one. By taking care of yourself physically—whether it be through eating a well-balanced diet, exercising at least 30 minutes on most days of the week, watching your intake of alcohol, and/or treating your medical conditions appropriately—you greatly reduce your risk for premature illness.

#2 Emotional—This second area deals more with your emotional well-being. What are your main causes of stress? What are you doing to actively combat these causes? The idea here is that the more you care for yourself emotionally, the more prepared you will be to handle those major or minor crises that occur on a daily basis.

#3 Social—Do you have a strong bond with your family? Friends? Community? Keeping a close, meaningful relationship with those in your life can greatly impact the quality of your years. While most people do not think in these terms, your social life truly does make for a healthier you.

#4 Intellectual—Exercising your body is an important part of your overall wellness, and exercising your mind is just as important. If you press toward feeding your brain with increased knowledge and take advantage of new learning experiences—whether it be at work or at home—you’ll find your life to be more fulfilling and rewarding. Continuous learning is one of life’s greatest gifts.

#5 Spiritual—While it may sound hokey to some, maintaining a strong spiritual connection is important to leading a “whole” and well life. Included in spirituality are such things as kindness, love, and the general belief that everything is going to work out no matter what the circumstance. Yes, it’s hard to explain, but there is no denying the fact that spirituality can play an enormously helpful role in your life.



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A HEALTHY RECIPE BY RICHARD COLLINS, MD

SPAGHETTI with high protein tomato sauce



Measure:

12 oz
2-32 oz

3 cloves
½ cup
2 tsps
1 tsp
6 scoops

Ingredients:

spaghetti
cans chopped tomatoes
with puree added
garlic, finely minced
fresh basil, chopped
salt
pepper
100% soy protein powder (unflavored) available at any
health nutrition store (add right before serving)
olive-oil-flavored cooking spray

Preparation:

Coat a 2-quart saucepan with olive-oil flavored cooking spray and saute the garlic until it just starts to brown. Add the tomatoes, basil, salt and pepper. Bring the sauce to a boil. Reduce the heat and simmer the sauce for about 10 minutes. Transfer the sauce to a large plastic container. Let cool, then refrigerate.

Cook spaghetti according to package directions. While pasta is cooking, combine the soy protein powder with the unheated sauce in a serving bowl. Add the drained pasta to the sauce. Toss with 2 forks to coat the pasta. The hot pasta will heat the sauce. Serve immediately.

Calories 327, Fat 1, Carbohydrates 47g, Protein 32g.

Number of Servings: 6

"The Apple of Paradise"

The tomato is native to the Americas. It was initially cultivated by Aztecs and Incas as early as 700 A.D. Europeans first saw the tomato when the Conquistadors reached Mexico and Central America in the 16th century. Tomato seeds were taken back to Europe where they quickly found favor in the Mediterranean countries of Spain, Portugal and Italy.

As the tomato traveled north, it was veiled in mystery. The French called it "The Apple of Love," the Germans "The Apple of Paradise;" but the British, while admiring its brilliant red color, disclaimed the tomato as a food—they believed it was poisonous. This same fear persisted among colonists in the United States until the early 19th century; but in 1812, the Creoles in New Orleans put their cooking on the map with their tomato-enhanced gumbos and jambalayas. The people of Maine quickly followed suit, combining fresh tomatoes with local seafood.

By 1850, the tomato was an important produce item in every American city. People were planting tomatoes in their home gardens, while farmers commercially produced fresh tomatoes throughout the year. When cold weather halted local production, consumers relied on areas with temperate climates to furnish their supply of tomatoes.

Source: www.eatcatomatoes.org



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