

# HEALTHLINES

Summer 2006

## Chad's Corner

This summer I will turn the big 4-0! HOORAY! Yes, I said, "HOORAY"! Several of my life long friends have turned or are soon to turn 40 and they haven't expressed the same enthusiasm. I guess I am excited to start a new decade. My first 40 years have been full of life. I've had my trials and tribulations just like everyone ( my grandmother calls this being human), but all in all, I'm very lucky to have a great family, wonderful friends, caring clients (who are my friends too), awesome co-workers, a growing business that I love, and maybe best of all...I'm healthy. Without my health, none of the other wonderful things in my life would be on the radar screen.

So for me, and I hope for you as well, I will continue to do all of the things I need to do to remain healthy so I can enjoy my next 40 years on planet earth. Though, maybe it isn't so much the number of years left in my life, but the life left in whatever time remains.

The consumption of organic food is growing exponentially in our country. I have been touting the benefits of eating organic whenever possible for many years. It hasn't always been easy to find organic food, but in the last couple of years I have noticed more of the local grocery stores are starting to carry a wider array of produce, dairy and meats. More importantly though, I encourage you to support our local organic farmers and small health food stores that typically carry foods raised locally. I recently met with Andrea James of the James Family Farm in Sherman and she was kind enough to give me a quart of their milk and several dozen eggs. It had been nearly 25 years since I had real milk (not processed to death) and eggs so fresh! Additionally, their farm offers free-range beef, historical turkeys, chickens and fryer rabbits for sale. Please feel free to contact her at 306-4977 and arrange to tour their family farm. If you want the finest quality, chemical-free, organically raised foods I just mentioned, please contact her.

Yours in Health,  
Chad Marschik

*You are a living magnet.  
What you attract into your life is in harmony with your dominant thoughts.  
- Brian Tracy*

*The greatest revolution of our generation is  
the discovery that human beings,  
by changing the inner attitudes of their minds,*

*can change the outer aspects of their lives.*  
- William James

Where Does Your Food Come From? *by Sara Mansfield, M.S.*

Current trends in food production leave one with many questions about what exactly is being put into foods, how animals are treated and what effect all this is having on our environment. We don't have to accept what the grocery store gives us. A little investigation into alternatives can help increase the quality of foods we eat and digest.

Luckily, there are resources in our area to help answer some of these questions.

James Family Farm—3750 Sherman Rd.—Sherman, IL—217.306.4977

Food Fantasies—1512 W. Wabash Ave.—Springfield, IL—217.793.8009

**Why organic vegetables? Why natural ingredients? Why grass-fed meat?**

Many reasons, but the most important is that your body will thank you. Whether it's the vegetables that have not been exposed to pesticides or genetic modification, or the poultry that has been allowed to graze in fields and not in their own waste, your body benefits from consuming food the way nature intended. Eliminating the amount of chemicals that you ingest will help your machine work more efficiently.

F Y I FOR YOUR INFORMATION F Y I

Pastured poultry—raised outside in fresh air and sunshine, in small groups, protected by bottomless pens that are moved twice daily onto fresh ground.

Free-range poultry—kept in housing pens, but have “access” to the outside pasture.

Organic—requirements to use this labeling have been relaxed a bit now that government and agri-business have gotten involved.

Eggs from chickens on pasture contain...

half the cholesterol as those in confinement

two times as much Vitamin E

50% more Folic Acid

up to 70% more Vitamin b12

40% more Vitamin A

triple the amount of Omega-3

**Be sure to check labels and ask questions.** Exercise and fresh diet of greens and grains reduces the total fat content and improves the amount of healthier fat.



## Exercise Spotlight

### Wake Up Your Abs

This is a good exercise for those who have trouble activating the deep abdominal muscles.

1. Kneel on hands and knees with your hips over your knees and your shoulders over your hands. Your spine should be in a neutral alignment.
2. Take a deep breath in and let your stomach drop toward the floor. As you exhale, pull those muscles inward, drawing your belly button in toward your spine.
3. Do not flex your spine during any part of this exercise. Your spine should remain in neutral alignment.
4. As you exhale and engage the abdominal muscles, hold this position for as long as you can. When you need to breathe in, relax your muscles as you inhale.
5. Repeat this exercise 10 times.

In this exercise gravity assists with the stretching of the abdominal wall. This increases the awareness of the muscle fibers and thus facilitates more action from them.

## DAILY STRESS FIGHTERS

Give yourself....

**Clean, fresh air** Even if its only 5 minutes: Breathe in (and out!) slowly and deeply.

**Nutrition** You can't run on empty—and that includes empty calories.

**Water** It hydrates and cleanses your body.

**Physical Activity** A regular program that works best for you. Let your body "talk". Stretch and move as freely as you can—whenever you can.

**Laughter** A big belly laugh can revitalize. Even a spontaneous smile can be refreshing.

**Positive Social Contact** Share an upbeat moment—or do something kind for someone "just because".

**Peace and Quiet** Give yourself a moment to disengage from the noise and commotion.

**Sleep** Too much to do? You'll get more done if you're rested.

## GRILLED SUMMER VEGETABLES

- 2 Tbs. rice wine vinegar
- 1 Tbs. olive oil
- 1 Tbs. reduced sodium soy sauce
- 1 Tbs. dijon –style mustard
- 1 Tbs. honey
- 1 each red and green bell pepper (seeded, de-ribbed and quartered)
- 1 each green and yellow zucchini (halved lengthwise and crosswise)
- 10 large fresh mushrooms

Combine vinegar, oil, soy sauce, mustard and honey and whisk until blended. Add peppers, zucchini and mushrooms and toss to coat well. Cover, refrigerate and marinate for 15 minutes to 8 hours. Place the vegetables on the grill or in a broiler and discard the marinade. Grill or broil for 5 minutes. Turn vegetables and keep on heat for approximately 5 more minutes.

Per serving: Calories: 94 Fat: 4g Protein: 3g Carbohydrate: 13g Sodium: 247g Cholesterol: 0mg