



BLACK FAMILY DEVELOPMENT, INC HEALTH & WELLNESS NEWS LETTER

Volume 1/ Issue 4

March 1, 2019

RECIPE OF THE MONTH

Crusted Pesto Salmon

INGREDIENTS

½ cup basil leaves
2 tablespoon parmesan cheese, grated
2 cloves garlic, peeled
½ teaspoon cracked black pepper
1 lemon, juiced
3 tablespoon olive oil
1 lemon
1/3 cup unsalted pistachios, shelled & finely chopped.

DIRECTIONS

1. To make pesto, combine basil, parmesan, garlic, pepper, and lemon juice in a food processor. Pulse until combined, then pulse while drizzling in olive oil until you reach a thickened pesto consistency.
2. To make salmon, preheat oven to 400F. Line a baking sheet with foil and place salmon on top of foil
3. Squeeze lemon over salmon. Spread ¼ cup of pesto on top of salmon, then press on pistachios.
4. Bake for 8 to 10 minutes, depending on thickness of salmon. Turn oven to broil and place under broiler for 5 to 8 minutes, or until top is crispy and salmon is cooked through to your desired temperature.

Success Stories:

Let's congratulate and celebrate with Paula Armstrong, Case Manager with STAGES. In December 2018, after a conversation with a co-worker Paula experienced a break through which has translated into the loss of 14lbs in the last 5 weeks. Now you are probably wondering – what break through? I will tell you, she finally made up her mind to eat healthier and improve her overall health. So, she began eating 4 to 5 small meals a day, by prepping her meal ahead of time. Her diet changed to include chicken, turkey, fruits, vegetables and a lot of water. Portion control is also a factor in her amazing weight loss and as it was mentioned earlier a made-up mind. Paula stated, "It isn't easy at times", but she feels good about herself which keeps on track with this lifestyle change. Again, CONGRATULATIONS to Paula Armstrong.

Jump start your metabolism: Walk with intensity

Monkey Business Images/Shutterstock

Burn more calories in the same amount of time with these strategies:

1. Swing your arms when you walk. You'll burn 5 to 10 per cent more calories.
2. Wear a weighted vest – another great way to burn calories. But leave the hand and ankle weights at home. They throw you off balance and could result in injury.
3. Walk on grass, sand or a gravel path instead of the road. It takes more muscle power to glide smoothly over these uneven surfaces (especially sand) than over asphalt.
4. Use walking poles. A U.S. study found that you get a much more intense workout than you would without the poles.
5. Walk along the shore of a river or lake with your ankles in the water. The resistance burns more calories and gives your muscles an added workout.

Book of the Month:

Check out the book of the month “You’ll be Back” by Maria Stanfield.

Heathy Facts: Inflammation

How Does Meat Cause Inflammation?

By Michael Greger M.D. FACLM

Scientists have known for 14 years that a single meal of meat, dairy, and eggs triggers an inflammatory reaction inside the body within hours of consumption. This results in a stiffening of our arteries. Within 5 or 6 hours, the inflammation starts to cool down, but then what happens? Lunchtime! At that point we can whack our arteries with another load of animal products for lunch. In this routine, we may be stuck in a chronic low-grade inflammation danger zone for most of our lives. This can set us up for inflammatory diseases such as heart disease, diabetes, and certain cancers one meal at a time.

What exactly is causing the meat-induced inflammation? Inflammation is an immune response to a perceived threat, but what’s the body attacking? At first, scientists thought it might be the animal protein, which is thought to be the culprit in certain types of arthritis. However, similar inflammatory reactions were triggered by whipped cream, which is mostly just animal fat. After digging deeper, investigators discovered that after a meal of animal products one’s bloodstream becomes soiled with bacterial toxins known as endotoxins. No wonder there’s so much inflammation! But where are the endotoxins coming from?

For the first time ever, 27 common foodstuffs were tested, and they found endotoxin equivalents in foods such as pork, poultry, dairy, and egg products, as well as certain fermented foods. Saturated fat also appears to have other deleterious effects such as increasing the risk of heart disease and shortening the lives of breast cancer survivors.

For more on foods that fight inflammation, see my videos <https://nutritionfacts.org/video/fighting-inflammation-in-a-nut-shell/> and <https://nutritionfacts.org/video/anti-inflammatory-effects-of-purple-potatoes/>

For any concerns or health & wellness issues, please consult your personal physician.

