

# *The Holistic Truth*

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## **The Gift Of Health**

Have a Naturally Stress Free Holiday

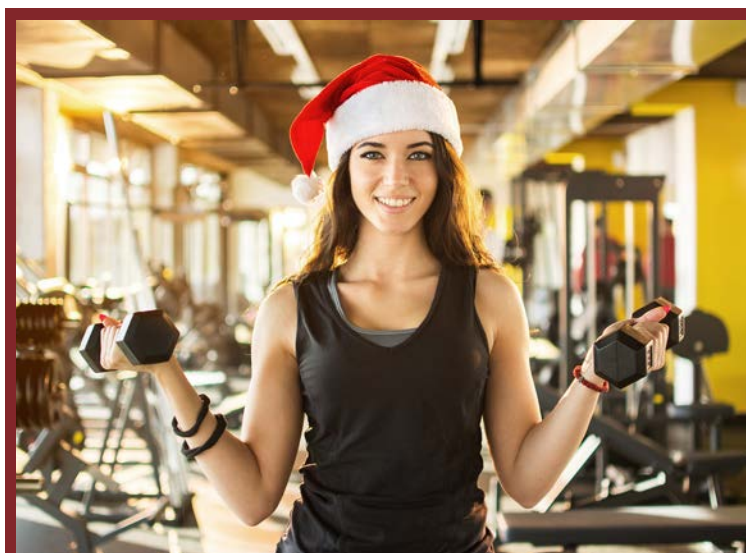


## The Gift of Health: Dealing with Holiday Stress

The holiday season can be a time of ups and downs. Both emotional and physical health may be affected by the myriad stressors associated with holidays. Some people are troubled by the financial burden around the holidays, others by family obligations or entertaining. This is all potentially exacerbated by the temptation of sugary food, junk food, and alcohol. **The planning, shopping, traveling and housework, can lead to heightened stress response and symptoms like:**

- Anxiety
- Irritability
- Loneliness
- Trouble Sleeping
- Unhealthy Eating
- Drinking Habits

To reduce the difficulties brought on by holiday stress, try to increase or at the very least maintain your healthy self-care activities and habits. For example, do your best to stick to your regular exercise routine even when your schedule starts filling up with holiday-related engagements. Exercise helps you “let off steam,” improves mood, balances blood sugar, and promotes healthy sleep patterns.



### Holiday Fitness Tip:

#### *Stick to your gym schedule!*

Rather than leaving your schedule up to chance, set aside dedicated time to hit the gym. If you're traveling, make sure your travel days are pre-planned rest days. Take advantage of gym guest passes if you are traveling. When something is pre-planned, it's much harder to just forget about it. Chances are, if you don't have an activity planned, you'll opt for lounging on the couch and watching TV.

## Holiday Eating

Making smart diet choices is another tactic for keeping calm and healthy during the holidays. It seems that we are confronted with junk food and empty calories at every turn during these few months! Be sure to choose nutritious meals and snacks, opting for plenty of vegetables and fruit to go with your whole grains and lean protein. When attending parties at work or with

friends, bring along a dish to contribute that is healthy and filling, like quinoa salad, bean dip, a green salad, or roasted veggies with hummus. Another simple tip is to take a smaller portion of 'treats' and comfort foods, rather than filling your plate. Same goes for alcoholic beverages, if that's an area of concern for you.

**Here are some great ideas for holiday meals that are healthy!**



## Holiday Breakfast:

### Sweet Potato, Sausage and Kale Breakfast Casserole

#### INGREDIENTS

- 2 Tbsp olive oil
- 1 medium sweet potato chopped
- 2 cloves garlic minced
- 2 cups mushrooms chopped
- 16 oz turkey breakfast sausage
- 1 large head kale chopped small
- 18 eggs
- ½ tsp sea salt
- 1½ cups mozzarella cheese

#### INSTRUCTIONS

- 1) Heat the olive oil in a large skillet over medium-high heat. Add the sweet potato and cover. Cook, stirring occasionally, until the sweet potato has softened but is still slightly firm, about 5-7 minutes.
- 2) Add the mushrooms and garlic and continue cooking until the mushrooms have softened, about 3-5 minutes.
- 3) Move the vegetables to one side of the skillet and brown the sausage. If you're using pork sausage, drain any excess fat. Once cooked, stir the sausage in with the vegetables.
- 4) Add the chopped kale and cover the skillet. Cook until the kale has wilted, about 2 minutes. Stir all the ingredients until they're thoroughly mixed. If water or moisture remains at the bottom of the skillet, continue cooking until the water evaporates.
- 5) Preheat the oven to 375° F. Lightly oil a large casserole dish. Transfer the vegetables and sausage to the casserole dish and allow the mixture to cool for 10 minutes.
- 6) Crack the eggs into a large mixing bowl and whisk until well combined.
- 7) Pour the egg mixture into the casserole dish and use a wooden spoon to spread it so that the eggs and veggies are evenly distributed.
- 8) Sprinkle the cheese on top and bake in the preheated oven for 45-55 minutes, or until the casserole has set and the cheese is golden brown.
- 9) Allow the casserole to cool 10 minutes before cutting large slices and serving with your guests' choice of toppings.

## Holiday Roasted Turkey Breast

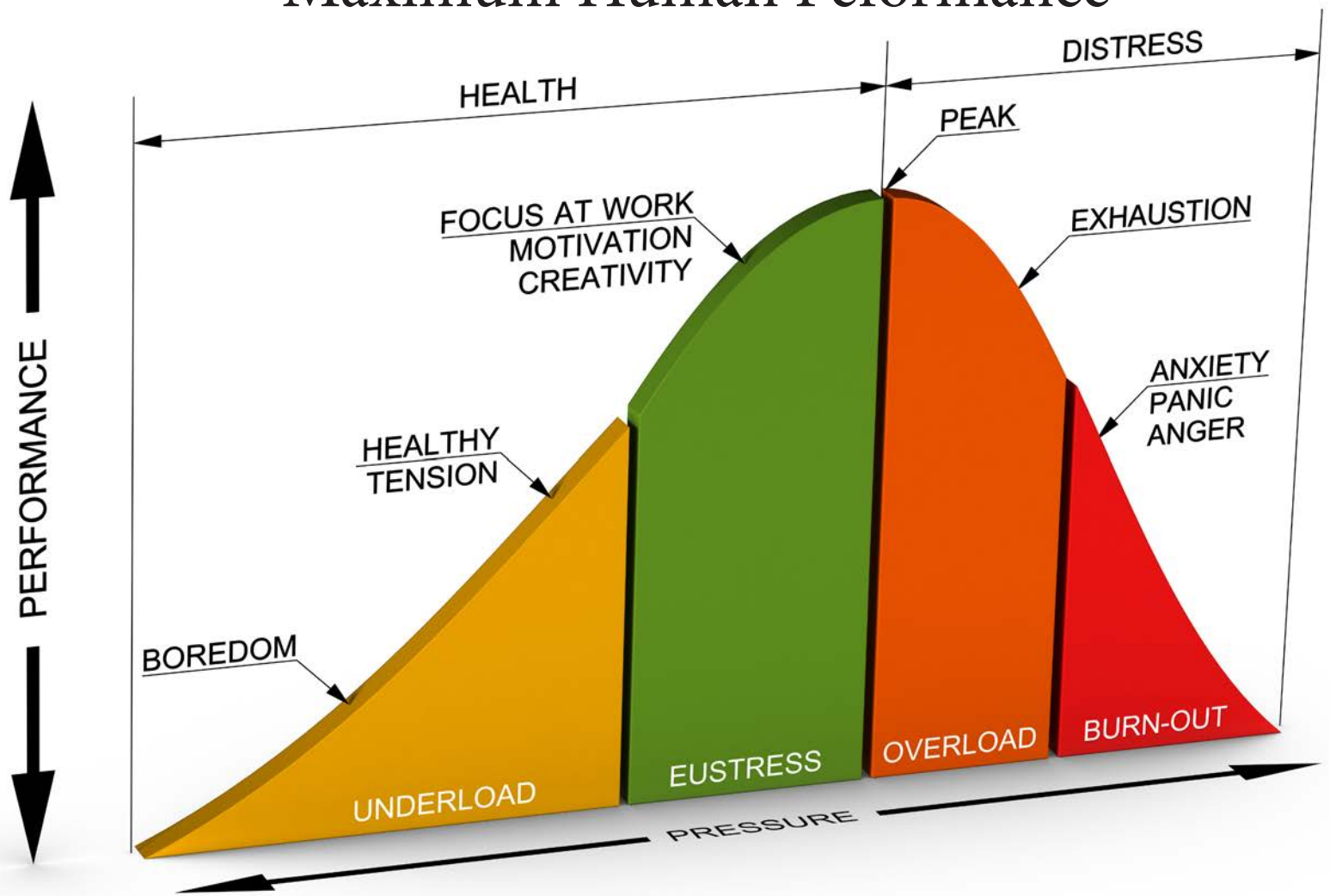
#### INGREDIENTS

- 3 pounds (1.5 kg) turkey breast, boneless, skinless
- Marinade
- 3 tbsp (45g) Dijon mustard
  - 2 tbsp (30ml) balsamic vinegar
  - 3 tsp (3g) dried herbs (thyme, oregano, rosemary, bay leaves, your choice)
  - 2 tsp (6g) garlic powder
  - 1 tsp (5g) salt
  - 3 tbsp (42ml) olive oil
  - 1 tsp (3g) smoked paprika
  - Freshly ground black pepper

#### INSTRUCTIONS:

- 1) Preheat the oven to 350F (180C). Rinse the turkey well and pat it dry.
- 2) Place all the marinade ingredients, mustard, vinegar, herbs, salt and pepper, garlic, smoked paprika and olive oil into a bowl and stir to combine.
- 3) Rub the mixture all over the turkey. Refrigerate to marinate overnight, if possible, or leave at least 1 hr before roasting.
- 4) Place the turkey breast into a baking pan or baking sheet.
- 5) Roast for 45 minutes to one hour, until the thermometer reaches 170F (77C).
- 6) Let it stand for a couple of minutes and slice to serve.
- 7) After removing the turkey to a serving platter, place the pan to the stove on medium heat. Add 1 tablespoon flour. Stir to combine. Add 1 cup vegetable stock, stir and let it cook until thickened and smooth.

# Maximum Human Performance



## Relax and Recharge

Another easy intervention is to use simple breathing exercises any time you start to feel anxious or overwhelmed. Conscious slow, deep breaths will calm you down in frustrating situations. If you find yourself getting angry or irritable, force yourself to stop and take at least 3 slow breaths before responding.

Experiment with taking a positive outlook; find things to be grateful for. Looking on the bright side helps elevate your mood. One way to facilitate this effort is to keep a gratitude journal. Select a notebook and every night write in it 5 things you are grateful for. The items on your list can be as grand or mundane as you want. The only rule is the list cannot contain repetitions. Another strategy for improving one's outlook is to be generous with compliments to others. Research repeatedly shows that people who express gratitude end up being more optimistic and feel more satisfied with their lives.



### Holiday Recharge Tip:

*Just because it's cold doesn't mean you can't go outside...*

Outdoor activities during inclement weather can be very beneficial for those looking to recharge. Sled riding, going for a walk, pond hockey, skiing, and building a snowman are all activities that will take your mind off work and other stressors. This will help to recharge for the new year.

# Get Some Sleep

## Sleep is critically important for:

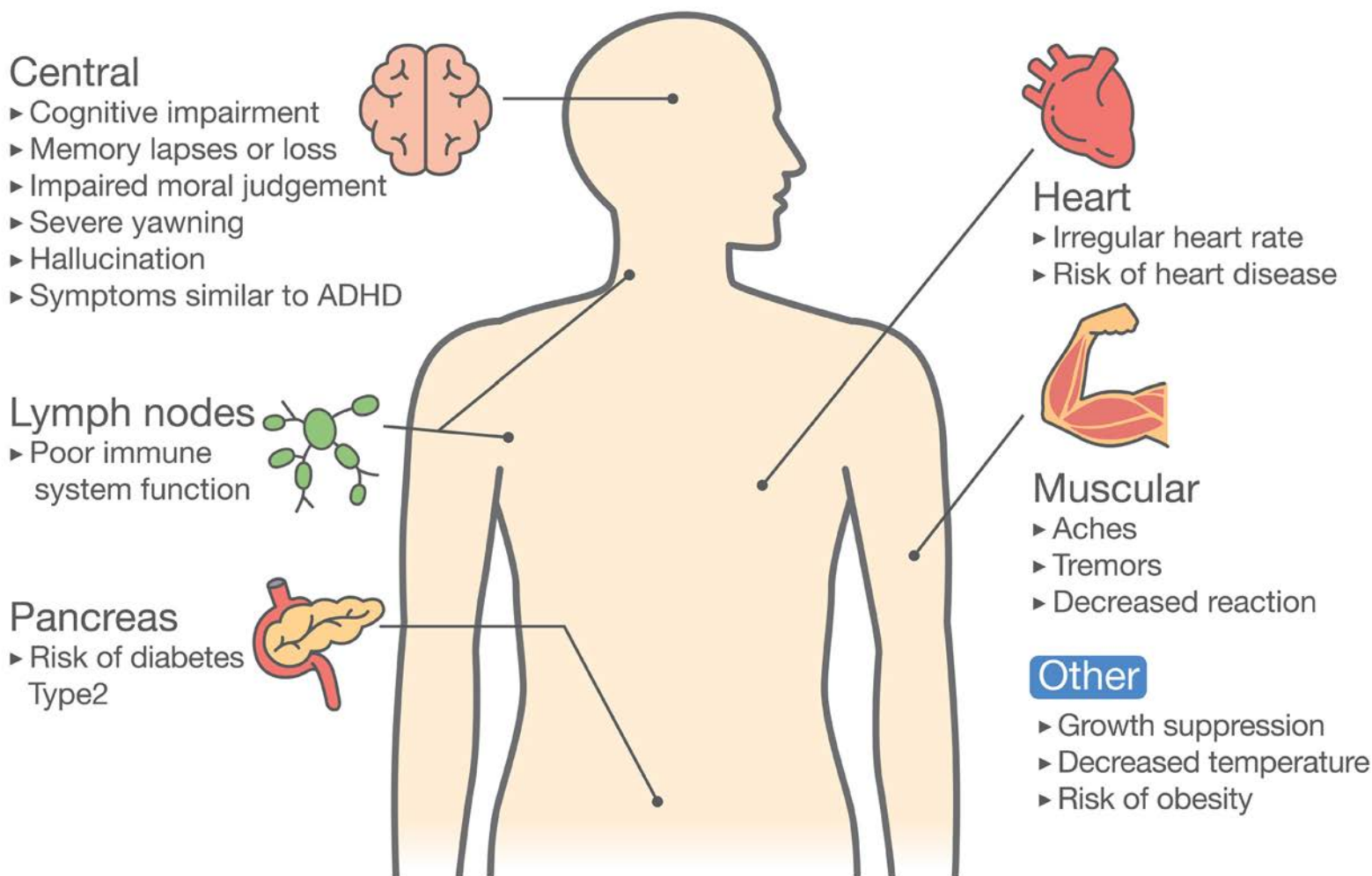
- Energy Levels
- Mood
- Immune System Health
- Optimal Endocrine Functioning
- Longevity

And yet, sleep is one of the first areas to suffer when life gets busy and overwhelming, just the time when we need our physical and psychological health to be at their best. Just like with exercise, getting into a routine ensures a higher rate of success in creating and maintaining healthy

habits. If you're someone who regularly does not get enough sleep, make some major changes to your bedtime routines. For example, starting 2 hours before bedtime, discontinue use of computer, iPad, smartphones, and other devices. If you really have trouble falling asleep then you may also need to restrict television in the 2 hours before bed. At the very least, keep the noise and light of television low, don't get too close, and don't watch upsetting content! Furthermore, make sure your bedroom is dark and quiet with no night lights, no ambient light, and keep the temperature in the bedroom cool.

In addition to lifestyle changes, targeted nutraceutical and herbal support can be part of a comprehensive approach to ensuring adequate sleep. Nutritional Frontiers offers several options for those needing to get enough sleep in order to maintain adequate energy levels during the holiday season.

## Effects of Sleep Deprivation



# Nutraceutical Support for Stress and Sleep

## Core Program



### **Super B Complete**

2 Caps, 1-2 Times Per Day:

- Daily Stress
- Brain Function
- Focus, Attention and Decisions



### **Calm Day**

2 Caps, 1-2 Times Per Day:

- Restoring Calm and Balance
- Relaxation
- Extra Stress Support



### **Full Spectrum Hemp Extract:**

1 Dropper in the Morning, 1 Dropper in the Evening:

- Anxiety
- Depression
- Pain



## Additional Nutraceutical Support

### **Sleep Time:**

Support for:

- Sleep
- Anxiety
- Stress
- Mood



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## Meet the New Members of the Nutritional Frontiers Team



### Anthony Mowod

Was born and raised in Pittsburgh, Pa. His father was born in Lebanon and came to America as a little boy. In 1983, when Samir Bannout (The Lion of Lebanon) won the Mr. Olympia; Anthony, being of Lebanese descent, was motivated and inspired by his win. That's what peaked his interest in bodybuilding.

As a teenager Anthony won a fair share of competitions. And now at 53 he recently won the "masters over 50, Mr. Pittsburgh and Mr. Pennsylvania".

This past summer Anthony finished 2nd in the NPC North Americas and is currently training for next year's Nationals and North America competitions. A win will get Anthony his IFBB pro card.

Anthony's pre-workout consists of **Nutritional Frontiers Pro Oranges and Power Fuel**. During his workout he drinks **Frontier BCAAs** and immediately following his workouts he drinks **Super Kreatine** followed by the **Best Whey Protein** shake.



### Amit Roy

Was born in Agra (U.P) and raised in Delhi which is the capital of India. He moved to Mumbai (Bombay) in 2005 after attending college and used to train star celebrities until 2013. He then moved to the USA in 2013.

Amit's top motivation is his daughter. When he was a child his parents did not have money to provide him with simple luxuries like sweets and toys. He is driven to succeed so he can provide for his daughter the luxuries he never had.

Amit believes and preaches that, "Determination is the KEY! Everything is possible if you set your goals in front of you, and never deviate from reaching your goals."

Amit's accomplishments include a strong performance in many prestigious shows in India where he went undefeated in all his competitions since 2007. In the USA he has won the Long Island Championship in 2014, the Atlantic State Championship in 2014, the Eastern USA Championship in 2015, the New England Championship in 2015, second place in the Arnold Amateur in 2016, the Metropolitan Championship in 2016, the North American Championship in 2017, in the New York Pro Classic Physique 2018 he took 6th place, and finally, in the Chicago Pro Classic Physique he took 2nd place in 2018. Amit is currently working towards the Pittsburgh Pro Competition in 2019.

Amit's supplement regime consists of **Omega 3D II, LivClear II, Prozyme, Frontier Hemp Extract Cream, Frontier Hemp Extract Oil, Super Creatine, Amino 750, and Immunmax Chewables** when he's feeling under the weather.

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- *Supercritical CO2 extraction process*
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- *Distilled to reduce odor and taste*

## **All Flavors**



- **Unflavored**



- **Mint**



- **Cinnamon**



- **Lemon**