

# WELLSPRING

THE HEALTH MAGAZINE FOR THE JEWISH FAMILY

## Cup of Tea

"The key to healing should not be kept secret."

Meet the practitioner who has helped cure thousands when recovery seemed out of reach

## Ten Questions

Zelig Friedman of Tantzlers ensures that every patient finds a reason to dance

## Just Sit

What Sukkos teaches us about the power of stillness and being

## Under the Knife

Laura Shammah addresses the pros and cons of bariatric surgery, and how to do it right

## Solid Ground

What's the best marriage advice you were ever given?

## What's for Dinner?

My Table contributors share their favorite Chol Hamoed recipes

## Tamar Feldman

5 strategies for maintaining long-term weight loss

New  
Spiral  
Diary

## Compass

What was wrong with our baby?

## Sweet Endings

Wrap up your festive meal with Caramelized Hasselback Apples and get rave reviews

## Is the Secret in Your Sole?

In the lab, Libby and co. experiment with reflexology

5 personal accounts

# Uprooted, Rerouted

In the pursuit of better health, we left our familiar lives behind. In the temporary space "beneath the stars," faith was our comfort.

Exclusive!

Mental Health Panel Tackles Simchah

How can I live a happier, calmer existence?

Why do I constantly feel anxious and uneasy?

How can I get along with people who irritate me?

And more

FICTION BY  
ARIELLA SCHILLER

"Tummy, if I was on the grapefruit diet, would I have just eaten an entire Tupperware of lemon bars?"

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THE JEWISH MAGAZINE FOR THE 21ST CENTURY

**WELLSPRING**

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# 160

## **ON CULTIVATING *SIMCHAH* MENTAL HEALTH PANEL**

Moderated by Shiffy Friedman

In general, I don't feel happy. Even when I do, it's usually not long before I feel "down and out" again. What's one powerful piece of advice you've found to be instrumental in increasing happiness?

## **WEDNESDAY FICTION**

By Ariella Schiller

"Tammy. If I was on the grapefruit diet, would I have just eaten an entire Tupperware of lemon bars?" Besides, that diet was so pre-baby. And gave me insane heartburn. Although not as bad as when I ate those Optavia bars.

# 134



# 80

## **WHAT SUKKOS CAN TEACH US**

By Esti Asher, MS, RDN, LD

Change of scenery can shift our perspective. Have you ever had the same health goals year after year, while feeling a burden or roadblock preventing you from succeeding? I have!

## Question:

My kids get so many sweets at shul on Shabbos and Yom Tov. What can I do?

## Answer:

First things first, don't tell the kids not to eat candy. Putting the responsibility of restricting food on a young child just isn't age appropriate. Also, limiting candy for your kids while they are surrounded by other kids enjoying it will likely lead to resentment.

Allowing them access will teach them how to self-regulate. You know how you know to stop your car for a pedestrian, even when there's no light or stop sign? Just like that, kids know when they're full.

If candy is off-limits at home, the child is more likely to eat a lot when it's available.

In a family where kids have regular access to sweets, they see it in a more neutral way. They know how to self-regulate.

Still having an issue with the sheer amount of sweets? Speak with the person in charge, privately. Ask if they would mind handing out less "junky" treats, small prizes, or if a limit can be set on how much each child receives. If practical, perhaps offer to provide a healthier alternative. This can be a great, healthy way for kids to enjoy the shul experience together.

*Health & happiness,*

*Yaffi Lvova, RDN*

*Yaffi Lvova, RDN, is a dietitian and food enjoyment activist who encourages positive nutrition through writing, speaking, and Nap Time Nutrition, her video blog and podcast.*

*Find out more at [babybloomnutrition.com](http://babybloomnutrition.com).*

secrets that work for any age, especially for the food lovers among us who can't stop themselves from churning out one babka after another.

With much appreciation for a fabulous magazine,

*Sorah H.*

*Baltimore, Maryland*

## On the Trail

*Issue #67: Tidbits*

Registered dietitian Esti Asher's Tidbits column has quickly become a favorite around here. I love how she offers ideas that can be easily incorporated into our diet, along with relevant health info. Now that school has resumed on our side of the world, I've been preparing lots of trail mixes for the kids—and they're really enjoying them. My son reported that he's been dunking it in milk at lunchtime and everyone wants to know, "What are all those good stuff in your cereal?"

My daughter was experimenting with her mix one morning and she added some corn nuts. It made for a great, crunchy addition, so I thought I'd share with your fellow readers.

*Many thanks,*

*Tziporah J.*

*Far Rockaway, Queens*

## The Power of a Compliment

*Issue #67: Sample*

I found Libby Silberman's latest Sample installment fascinating. Though I did take issue with Morah B.'s experiment (did all of these children consent to be treated unfairly for an entire week?), the results are something to keep front and center of our attention at all times.

As a longtime preschool *morah*, I've seen time and again how effective a good word is for every child. I've made it



# WHAT SUKKOS CAN TEACH US

## 8 NUTRITION AND SELF-CARE TIPS WE CAN CULL FROM THIS YOM TOV

BY ESTI ASHER, MS, RDN, LD

### 1 Celebrate disposables.

As a routine supporter of the disposable plate and cutlery industry, I think Sukkos is the perfect time to share this fun fact. While I encourage both recycling and the use of eco-friendly products when feasible, I also value my (and all women's!) wellbeing and sanity. When we are calm and happy, it has a ripple effect on those around us. In my opinion, using disposables is part of self-care for us women, especially when there are a lot of Yom Tov meals (and nice formal disposable options to choose from). Cleanup is faster and easier, and it's always fun to pick out different colors and mix-and-match components for every meal.



### 2 Keep it simple.

I'm a big proponent of the concept that "less is more." This can be applied in many areas of our lives. On Sukkos, we are reminded of the beauty of simplicity; we leave our home and enter our (relatively) simple sukkah. When we plan our menus, let's remember the theme of simplicity and alleviate some stress that may come along with feeling that we must have many courses and prepare many time-consuming dishes. Focus on a simple (yet delicious, of course!) menu.

### 3 Note what is essential.

Along the same lines of keeping it simple, Sukkos is a time when we're reminded of what is really essential in our lives. If it is important, it makes its way into our sukkah, and if not, well, it doesn't. With its unique mitzvot, Sukkos is a time to recalibrate. We have a lot of distractions in life, some of which are necessary, while others are just noise that divert our attention from what is truly important. The people in our lives are essential—make a point to express your love to them both directly and indirectly this Sukkos.

## Focus on being happy.

While it's always a mitzvah to be happy, there is an extra emphasis on happiness during Sukkos. It is normal and healthy to feel many different emotions, but maintaining a happy mood most of the time is one of the most basic yet fundamental components of self-care. Also, as mentioned earlier, when we're happy, all those around us are positively impacted. Let's take this Sukkos as an opportunity to focus on being happy, thinking about what makes us feel joy and tuning in to how those around us are affected by our good mood.



## Flexibility is important.

Sukkos is a time when we enjoy a change of scenery, schedule, and circumstances. Just as it's important to adjust and adapt to a new lifestyle in our sukkah, it's important to be flexible with our diet and way of eating. When I use the word "diet," I am referring to the foods we eat and the drinks we consume—not a restrictive set of rules. Unfortunately, there are too many people, books, and products promoting very strict and inflexible ways of eating. We are meant to enjoy our food and also be flexible with our food choices (even if we have weight loss in mind).



## Step out of your comfort zone.

On Sukkos, we step out of the comfort zone of our house and into our sukkah. While it may seem uncomfortable at first, being in the sukkah offers a unique circumstance and environment that is special, cozy, and replete with opportunities for cherished family time. Sometimes we're stuck in our familiar habits that may not be beneficial to our health, and it can be uncomfortable to adopt new and foreign healthy behaviors, but ultimately, once we do make these positive changes (with the right support and guidance), we will see that they are special, beneficial, and not too uncomfortable after all.



## Feel the embrace.

The sukkah is often referred to as a metaphoric hug from Hashem. Feeling His love enables us to lead a rich, fulfilling life, and we can use this as a reminder of how important it is for us to feel that love toward ourselves, as well as to display it through self-care. Take some time to think about ways you can take care of yourself on a daily basis—even if they are very minor. Then, practice these acts of self-care and feel yourself receiving your own metaphoric embrace. ♥

## Change of scenery can shift our perspective.

Have you ever had the same health goals year after year, while feeling a burden or roadblock preventing you from succeeding? I have! In my opinion and experience, one of the best ways to overcome those theoretical roadblocks and find success is to shift our perspective and mindset. Just as on Sukkos, we have a physical change of scenery, which may lead to a shift in perspective, it's often helpful to shift perspective and mindset (perhaps with the help of a professional, such as a dietitian) when working toward a health (or any) goal.

*Esti Asher, MS, RDN, LD, is a Registered Dietitian Nutritionist and Self-Care Enthusiast on a mission to help women reach their ultimate health and wellbeing potential inside and out. She shares credible, clear, and inspiring nutrition information with women via her virtual private practice. To contact Esti with feedback or inquiries regarding her nutritional services, please email her at [esti@estiashernutrition.com](mailto:esti@estiashernutrition.com) or visit [estiashernutrition.com](http://estiashernutrition.com).*