

WELLSPRING

THE HEALTH MAGAZINE FOR THE JEWISH FAMILY

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me when my child
misbehaves?

Ask Shani Taub

How to maintain
healthy habits
over Shavuot

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seeds, we nurture
ourselves

DAIRY

CURATIVE OR TOXIC?



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My Table This
is my favorite
Shavuot dish



TIME to GROW

Reach Your Full Blossoming Potential with Nutrition Self-Care

By Esti Asher, MS, RDN, LD

On Shavuot, we decorate our homes and shuls with beautiful foliage. The array of flowers and greenery is exquisite with a variety of colors, shapes, textures, and scents. In order for each flower to reach its full potential of blossom and health, many components must be in place.

Similarly, in order for us to reach our full potential, we must make sure to properly care for ourselves in all areas—and specifically in the area of nutrition. The concept of self-care has become increasingly popular over the past few years. But while it is often thought of as manicures and massages, it's really so much more than that. Self-care is essentially just as it sounds—taking care of one's self. Our most basic needs come first before we can go any further. Feeding ourselves nutritious and nourishing foods is at the very core of self-care.

Below are five nutrition self-care tips to help us reach our full blossoming potential.

Eat.

Sounds simple, but how many times have we gone from task to task and pushed off eating a meal or snack? Our body told us it was hungry, but there was so much to get done! One of the most basic and fundamental ways to take care of ourselves is to honor our hunger cues and fuel our body properly by eating throughout the day. Also, by eating timely meals and snacks, we are likely to be more efficient and productive with our never-ending to-do lists.



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Be flexible.

Feed yourself nourishing foods (most of the time). Be kind to your body by primarily choosing healthy and nourishing foods that will help your body be kind back to you. While it's important to know that all foods fit into a healthy lifestyle, we must think about the ripple effect of our food choices. By choosing healthy and nourishing foods most of the time, we are setting ourselves up to feel more energetic and productive (among countless other benefits), which will have a positive impact on those around us. Of course, allowing ourselves the freedom to enjoy all foods (in moderation), is an integral part of nutrition self-care as well.



Make the healthy choice the easy choice.

Sometimes we are especially busy (or especially hungry!) and we need something ready to grab and eat. Often, the foods that are available and ready to eat are not ideal for our health. Devote some time soon after a grocery trip to wash your purchased produce so that a cold and refreshing fruit or vegetable is just as easy to grab as a salty or sugary packaged food. By making the healthy choice the easy choice, you are giving yourself the gift of being able to choose a nourishing snack effortlessly and quickly, even when time is of the essence.



Take it easy.

Healthy and nourishing foods can also be easy and convenient. Take shortcuts (proudly!). Try not to let cooking and food preparation cause stress. Keep easy and quick recipes available and stock your kitchen with little-to-no-prep healthy ingredients. Besides for frozen and canned staples, fresh produce such as baby carrots, Persian cucumbers, mini peppers, cherry tomatoes, apples, and grapes require little to no prep and are great components of meals and snacks. String cheese, pre-portioned hummus, Greek yogurt, tuna, chickpeas, or even a pre-cooked rotisserie chicken are great to have on hand for a quick and easy protein addition.

Make it pretty.

“We eat with our eyes” is spot-on. When preparing food (even if it’s just for yourself), treat yourself and take the time to make it look appealing and indulgent. This can be accomplished by arranging the food nicely and intentionally, including a variety of color, drizzling dressing artistically, or even just sprinkling some sesame seeds for garnish. The visual appeal will help you relax and enjoy the eating moment as you take care of yourself and your body.

Of course, nourish yourself with positive and beneficial self-talk as well. Even if you feel it will take time for you to reach your full blossoming potential, with the help of these tips and other self-care techniques you choose to adopt, you’ll be well on your way.♥

Disclaimer: The information relayed is not meant to be used as medical nutrition therapy or to contradict a medically prescribed diet. Please consult with your physician if you have specific questions regarding your health.

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. To contact Esti with feedback or inquiries regarding her nutritional services, please e-mail her at EstiAsherNutrition@gmail.com