

WELLSPRING

THE HEALTH MAGAZINE FOR THE JEWISH FAMILY

Look at that! See how the walnut resembles your brain?

Transform the dinner table into an interactive classroom with these **fascinating visuals**—and watch your kids finally eat those veggies

From Smorgasbord to Viennese Bar

Shani Taub on how to enjoy the many simchos of the season—and feel good after

Experimenting with the Anat Daniel Method

Will Libby experience an overhaul by following these 9 essentials?

Cup of Tea with Brocha Kopstick, RDN

Every food we eat serves a purpose

DIY

Prepare this natural alternative to Lysol and Purell in your own home

Lifestyle Revamp

How to take advantage of the stretch of routine to incorporate healthy habits into your home

Crohn's Disease: A Case Study

New Mini-Column
The Doctor Is In

Kids, It's Bedtime!

What should I know about melatonin?

FYI

Is there a once-and-for-all solution for pinworms?

Soup of the Day

With choices like these, you'll be left with full tummies and empty plates

Spruce Up Your Dinner Menu

The sweet 'n spicy pepper chicken that'll quickly become a family favorite

Feel Better Today

6 Torah-sourced tips for enhanced wellbeing

Inner Parenting

My kids keep wanting more and more things

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5 WAYS TO INCLUDE POSITIVITY WHILE YOU REVAMP YOUR LIFESTYLE

BY ESTI ASHER, MS, RDN, LD

With a more structured and consistent schedule, now is a common time to feel inspired to implement habits and behaviors that improve our health. During the process of making these lifestyle changes, we face feelings of stress, overwhelm, doubt, and frustration. Positivity not only benefits us on an emotional level, it also helps contribute toward lasting success in achieving our goals, among countless other benefits.

Below are 5 ways to include positivity while you revamp your lifestyle.

1 Focus on what to include, not what to avoid.

All too often, we hear about different people—whether friends, diet-program creators, or individuals giving out nutrition guidance—emphasizing foods to avoid and restrict. This may be harmful in many ways and is not productive in the long term. Instead, place an emphasis on the types of foods you want to include. In other words, think more “yes” and less “no.”



2 Be kind to yourself.

Engage in positive self-talk. We are all wonderful individuals and deserve to be treated that way, by others—and by ourselves! Be aware of how you think about and talk to yourself. Proactively fill your thoughts with positivity and compassion and rephrase your inner voice if you notice negativity. We have a lot on our plate—we're doing amazing—and no one (not others, nor ourselves) should convince us otherwise.



4 Have realistic expectations.

This is a necessary component of setting yourself up for lasting success. We are busy people with seemingly never-ending to-do lists. Whatever lifestyle and behavior changes you want to implement, make sure that they are practical and realistic given your unique circumstances and schedule.



3 If following nutritional recommendations from an individual, consider their approach and credentials.

Since now is a time when many people may be seeking out nutrition advice, be aware of the credentials and background of those whose nutrition guidance you choose to follow. All too often, people (even if well-intentioned) provide nutrition recommendations and guidance that do not come from credible, evidence-based sources. Be skeptical, ask questions, and listen to your intuition if something does not seem healthy for your body. You do not, and generally should not, need to follow any drastic recommendations such as fasting, severely restricting yourself, or relying on products such as supplements, shakes, juices, or prepackaged foods. Know with confidence that you can take care of your body optimally, regardless of your specific goals, using basic food and drinks found in a regular grocery store.



5 Think beyond weight loss.

Our mindset is incredibly important. Consider the many benefits of a healthy lifestyle to keep yourself focused and motivated. Even if weight loss is your goal, train yourself to notice the many benefits that come along with your new healthy habits and behaviors. Pay attention and you may notice more energy, better sleep, improved mood, improved efficiency, and more. ☺

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