

DECEMBER 2017- JANUARY 2018

# Living & *aging well*



Nutrition | Recipes | Wellness





# What's inside?

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- 03 LIVING AND AGING WELL
- 04 WHY EAT VEGAN OR VEGETARIAN?
- 04 PITA POCKETS *(recipe)*
- 05 PASTA SALAD *(recipe)*
- 05 NUTRITIONAL BENEFITS OF SWISS CHARD
- 05 THE POWER OF KALE
- 05 COLLARD GREENS
- 06 MIRA'S SUPER QUINOA BOWL
- 06 HEALTHY ONE POT STIR FRY RICE *(recipe)*
- 07 MIRA'S SWEET POTATOES HASH
- 07 NUTRITIONAL VALUE OF SWEET POTATOES
- 08 BENEFITS OF COOKING HEALTHIER DISHES
- 08 MONEY SAVING TIPS
- 08 TIME CONSUMED BY HECTIC TIMES, BUSY SCHEDULES?
- 08 TIME SAVING TIPS
- 09 GREEN BEAN CASSEROLE *(recipe)*
- 09 MASHED CAULIFLOWER *(recipe)*
- 09 MORNING GLORY SMOOTHIE *(recipe)*
- 09 NATURAL KIDNEY CLEANSE
- 10 3 IMPORTANT THINGS WOMEN AGE 35 TO 55 DO  
OR BE LOOKING FOR IN REGARDS TO THEIR HEALTH
- 10 THE BENEFITS OF STAYING ACTIVE WITH ZUMBA
- 10 BY PREVENTION GUIDE-LESS SUGAR, MORE ENERGY
- 10 READER'S DIGEST-ULTIMATE HEALTH GUIDE
- 11 SALTS OF THE WORLD
- 12 DO YOU KNOW YOUR WATER PH BALANCE?
- 13 STRESS NO MORE!

# Living & aging well

**A**s a new year approaches good intended resolutions are made in regards to relationships, health, money and life in general. Do you remember how many of them make it past February? The desire for change slowly fades away and obstacles and challenges interfere with goals, letting old habits re-claim their place. Living & Aging well is all about choosing to pay attention to how we care for our overall health and families.

Staying focused is not easy, but is possible. First, you need clarity on your goals, why did you choose them? Write down your motivation and how achieving your goals can improve your quality of life. For example, if you are struggling with your health, find solutions you can apply and track your steps moving forward. How do you get started? Take a look at what you eat, and how you sleep. Also, relationships and how you handle stress have great impact on health, life quality and success.

Studies reveal that a plant based diet significantly improves overall health. As part of your wellness journey, adding extra vegetables to your meals and getting more active are top solutions to regulate sleep, fight fatigue, overweight, high blood pressure, diabetes and more.

Once you clearly understand your goals, and the opportunities that they can create, is important to design an effective plan to take steps forward to achieve it.



Change can be an overwhelming process, but once your goals are defined, you understand the benefits, and action steps are in place, you have positioned yourself to push through challenges and turn obstacles into opportunities to learn and grow wiser. Although anyone with the right discipline and guidance can be successful, there are times in which an expert can provide a perspective and supportive plans to help you achieve your desired objectives.

This guide provides valuable resources for a successful wellness journey. There is great value on being proactive toward healthy living at times when millions of people struggle to secure and afford proper medical care. Making health a priority takes courage, determination and joy. Take one day at a time, celebrate little successes and learn from weak moments, above all guard your joy.

*“An individual must have a clear understanding of his or her Potential,  
Passion and Profit. Only then they can walk Purpose.”*

*—Coach Yamira Lee Johnson*

# Why Eat Vegan or Vegetarian?

**“Plant based includes foods that are as close to whole form as possible and that come from the ground. Following this type of eating habits is a proactive step to lower disease risk and improve longevity”**

Stephanie Paver, RD, CSO, CNSC, Lead Oncology Dietitian at Cancer Treatment Centers of America (CTCA) in Goodyear Arizona.



- ☒ Cut whole grain pita pocket in half around the fold (so you have 2 flat circles) and place into a zip-lock bag
- ☒ Italian sauce into a small jar or airtight container
- ☒ Part-skim mozzarella cheese into a small container
- ☒ Enjoy with baby carrots or other raw vegetables
- ☒ At work, place pita halves on a microwaveable plate so inside warm and melt the cheese or use goat or feta cheese





# Pasta Salad

- ✓ **Leftover cooked pasta**  
(preferably whole grain or brown rice)
- ✓ **Vegetables**  
(like broccoli, green beans, or sugar snap peas, etc.)
- ✓ **Canned chick peas**  
(rinse with water to lower sodium content),  
or diced, leftover cooked chicken or turkey breast

## Nutritional Benefits of Swiss chard

- Is compared to spinach.
- Blood sugar regulation
- Blocks activity of (Alpha-glucosidase) an enzyme that breaks down carbohydrates into simple sugars
- Fiber and protein rich, regulate digestion process.
- Help pancreatic cells regenerate.
- Antioxidant, anti-inflammatory
- Vitamins = K, C, E and A (beta-carotene)
- Minerals = Cooper, potassium, manganese, zinc, lutein

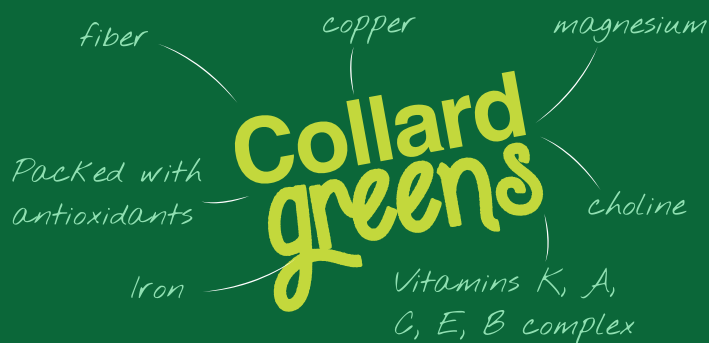


## THE POWER OF KALE

Lutein, calcium, phosphorus, omega -3 fats, Vitamin, A, C, E, K and B complex.

When steamed its shown to help improve cholesterol levels.

High detoxification support, reduces risk of glaucoma.



# MIRA's Super Quinoa Bowl

- 1 cup of brown rice, quinoa or couscous
- 1 cup of green onion
- 1 cup of chickpeas
- 2 garlic cloves
- ¼ cup fresh chopped kale
- 1 cup of chopped Swiss chard or kale
- Salt & Pepper
- 2 tbs. Extra Virgin Olive Oil
- 1 tbs. Balsamic vinegar
- ½ cup chicken or veggie broth



This recipe can be used as a side dish or vegan entrée!

- 1 Wash and chop all veggies
- 2 Add EV Olive Oil to pan and sauté fennel, garlic, kale on medium high heat for about 7 minutes.
- 3 Add broth of season with salt and pepper, lower to medium low and cover for 10 minutes.
- 4 Cook your quinoa 1 cup of water to ½ cup of quinoa grains. Add Salt, olive oil, cook like rice.
- 5 Plate quinoa cover with Sautéed veggies, top with fresh green onions and enjoy!

## Healthy One Pot Stir Fry Rice

- Brown rice, Quinoa, Couscous, Rice or Brown Noodles (better if cooked and cooled down)
- Green Onions
- Fresh Cilantro & Parsley
- Broccoli
- Frozen Peas
- Eggs
- Extra Virgin Olive Oil
- Balsamic Vinegar
- Powder, Garlic, Turmeric, Ginger
- Sea salt, ground pepper
- Left over
- Chicken, Turkey, Beef, Pork, Fish, Shrimp

Rinse and chop ingredients. Start by scrambling eggs in olive oil, then remove and set aside. On the same pan Sautee your protein, add seasonings, and mix in rice, quinoa, veggies and balsamic vinegar or coconut aminos. Add eggs and continue to stir fry until well combined.





# MIRA's Sweet Potato Hash

- 4 sweet potatoes washed
- 1 yellow onion
- 1 green bell pepper
- 2 garlic cloves
- ¼ cup fresh Cilantro
- Salt & Pepper
- 2 tbs. Extra Virgin Olive Oil
- 1 tbs. Apple cider vinegar
- ½ cup chicken or veggie broth
- Wash and chop all veggies

This recipe can be used as a side dish or vegan entrée, for breakfast, lunch or dinner.

1

Add EV Olive Oil to pan and sauté onions, sweet potatoes medium high heat for about 7 minutes.

2

Add rest of ingredients, lower to medium low and cover for 10 minutes.

3

Top with fresh cilantro and enjoy!

## Nutritional Value of Sweet Potatoes

- |                    |   |
|--------------------|---|
| ✓ Beta Carotene    | ✓ Niacin  |
| ✓ Manganese        | ✓ Vitamins B6, B1, B2   |
| ✓ Copper           | ✓ Higher fiber content 400 % of daily requirement of Vitamin A. |
| ✓ Pantothenic acid | ✓ Fewer calories and carbs                                      |
| ✓ Phosphorus       | ✓ More sugar  |
| ✓ Potassium        |   |

## Benefits of Cooking Healthier Dishes

- Encourage good health for the New Year
- Practice Balance with 80/20
- Avoid gaining extra weight during the season.
- Homemade foods promote healthier lifestyles.
- Pass on Family Traditions & Recipes

## Money Saving Tips

### • Plan your grocery store trips and have a list of items ready

- Avoids over shopping or forgetting and item

### • Have a budget

- Know how much you are willing to pay for your items
- Use coupons or buy one get one offers, check sales at groceries stores near you
- Stock up in certain items, olive oil, salt, and pepper, frozen or canned veggies
- Stock up on aluminum foil, saran wrap, freezer and sandwich bags

### • Plan Your Menu

- Learn effective recipes and keep ingredients at hand
- Cook double and Freeze extras on bags or pans
- Freeze left overs and use include in your lunch, snacks and stir fry recipes

## Time consumed by hectic times, busy schedules?

- Make Healthier Choices during the Holiday Season
- Mindful eating and rest to help strengthen immune system
- Drink plenty of water, alkaline to 7.4 ph preferable
- Snack on veggies, fruits and nuts, keep blood sugar on point
- Spend quality time with loved and focus on family bonding
- Schedule time to rest, meditation, and prayer
- Laugh often, keep track of your thoughts, stay focus on solutions not issues.
- Better health, better life

## Time Saving Tips

- Keep an Item order in your cart. All cans together, fruits and veggies, etc.
- Remove cooked food from pans and serve on storage dishes
- Learn to clean as you go, so when the majority of the cooking is done, so are you!
- Take advantage of ordering online and pick up services at grocery stores near you.





## Green Bean Casserole

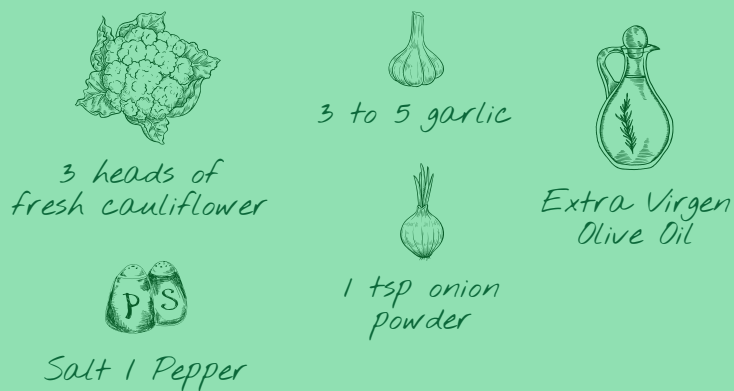
- 1 lb. fresh green beans
- ½ cup fresh mushrooms
- 1 large white onion
- 1 cup of coconut milk
- 8 oz. cannellini beans
- Extra Virgin Olive Oil
- Balsamic Vinegar
- Salt/Pepper/Garlic

Clean and nip fresh beans place on deep baking tray. On top of the stove Sautee mushrooms, mashed beans coconut milk, balsamic vinegar, and cook down until thickened. Pour over beans and bake at 350 degrees for 20 minutes. You can add roasted almonds for more crunch.

### *Crunchy Onions for toppings*

Shred 1 large onion thin, dress in Olive Oil and Panko bake at 375 degrees for 15 minutes or until golden brown.

## Mashed Cauliflower



Boil or steam cauliflower and garlic for at least 25 minutes. Add Salt & Pepper. Drain and mash. Save water for your choice of consistency. More water, softer mash. Top with Caramelized onions or Parmesan Cheese.



- Half a cup of blackberries (for a smoother texture use frozen or freeze fresh blackberries)
- 8 oz. of freshly squeezed orange juice
- A scoop of your choice of protein shake mix
- A handful of fresh cilantro
- 5 ice cubes
- Blend and Enjoy!

## A Natural Kidney Cleanse

Shared by Dr. Rich Lerner Family Chiropractic

Cut a bunch of parsley into smaller pieces. | Boil parsley in a pot of water for 10 minutes. | Let it cool down and then sieve and discard the parsley. | Pour the filtered parsley water into a container and refrigerate. | Drink a glass of parsley tea per day for 5 to 7 days. | Also, Drink Dandelion Tea 1 to 2 times daily.

# 3 important things women age 35 to 55 should do or be looking for in regards to their health:

Sarah M. St. Louis, MD, FACOG, Urogynecologist practicing in Orlando, FL

**1. Always see your doctor regularly for routine preventive screening and examinations.** Examples of this would be: pap smears, mammograms, routine blood work, colonoscopy, diabetes and cholesterol screening, blood pressure monitoring, and body mass index calculations.

**2. Try to maintain a healthy weight.** Stay on top of any instances of weight gain before the situation becomes problematic. A healthy weight can prevent numerous medical diseases in the future.

**3. Make time for yourself.** To avoid stress, set aside some time to do a relaxing activity each week, and don't feel bad for doing so!

## The benefits of staying active with Zumba

Recently the American Council on Exercise (ACE) collaborated with the University of Wisconsin-La Crosse to examine the benefits of the most current and popular fitness techniques. Zumba routines came on top when compared to cardio kickboxing, step aerobics and power yoga. The outgoing technique combines interval-style, total body work and a variety of sassy dance moves that can elevate disposition as much as they tone the body and help alleviate the pain and discomfort caused by lupus, arthritis and fibromyalgia.

## By Prevention Guide-Less Sugar, More Energy

A French study revealed that individuals who drank 17 to 34 ounces of water daily were 36% less likely to develop high blood sugar or diabetes. According to German researchers, smelling Olive Oil caused people to eat less calories during meals, which can help keep blood sugar stabilized. When your body gets stuck in a vicious cycle of extreme sugar highs and crashes, fatigue becomes normal.

## Reader's Digest-Ultimate Health Guide

Dealing with Chronic Pain due to Arthritis and Inflammation

Adopt a reduce inflammation diet that include cultured foods like yogurt or fermented vegetables like sauerkraut to keep a healthy gut. Limit refined sugars and eat more good fats found in nuts, avocado and fatty fish.

- Susan Blum MD





# SALTS *of The world*

**S**alt has been considered one of the most important ingredients in a tasty and successful dish. When used correctly, salt serves to balance flavors and brings out the best in other ingredients. However, there is a variety of salts in the market and it can be confusing to learn all the fundamentals about this necessary ingredient (40% sodium and 60% chlorides), that directly impacts nerve, brain and electrical impulses in the body. Used in excess, salt can impact water retention and raise blood pressure. The American Heart Association recommended daily sodium intake should be less than 2,300 milligrams and 1,500 for at risk consumers and to encourage heart health. Salt is needed to conduct nerve impulses, contract and relax muscles, water and mineral balance. Here are some details about the different Salt choices available to consumers

<https://www.hsph.harvard.edu/nutritionsource/salt-and-sodium>

**Regular Table Salt** Highly refined and processed, heavily ground and added substances like Iodine and anti-caking agents. Cardiovascular patients are highly encouraged to lower or limit table salt use.

**Sea Salt** This salt comes about by evaporating seawater and collecting the sodium chloride left behind along with trace of minerals like potassium, iron and zinc. Great for topping and finishing dishes seasoned in layers. This salt is great to finish dishes and complement layered flavors.

**Himalayan Salt** This unique salt is harvest from Khewra Salt Mine in Pakistan. Traces of calcium, potassium and magnesium and the unique delicate pink color comes from traces of rust (iron oxide). Himalayan Salt also offers a lower concentration of sodium so is recommended for hypertension patients.

**Kosher Salt** “Kosher” defines the purity, rules, conditions in which food must be processed and handled in the Jewish tradition. Although the sodium content is similar than regular salt, it has a more rustic feel, dissolves faster and has less chances to find additives agents and added iodine. Can be used for all types of cooking and great for marinates and preservation.

**Celtic Salt** This salt is popular in France and has a distinctive greyish color, moist texture and has less sodium than table salt.

**Rock Salt** Much needed to deice sidewalks during severe winter weather and control temperatures while making hand-crafted ice cream. Often found in organic or unprocessed forms.

**Pickling Salt** Great for brining poultry, pickles, sauerkraut and more. Does not contain anticaking agents and no added iodine.

# Do You Know your water PH balance?

The life expectancy in the U.S. has increased to over 70 years old, making the quest for healthy lifestyle that improve quality of living and aging have also increased. Undeniably, various regions around the Nation are dealing with contaminated and high acidity water. According to the State of Michigan Department of Natural Resources; 2001 River Assessment, Flint water showed "the presence of fecal coliform bacteria, low dissolved oxygen, oils, toxic substances and high levels of lead." These are all variables that directly impact millions of people and their overall health.

Thankfully Enagic USA provides an option to secure and improve water quality by balancing the acidic-alkaline pH right from your home or business location.

**Alkaline water provides much needed antioxidants that help your body fight back against free radicals that negatively impact the immune system and encourage severe health issues.**

The acid-alkaline balance in your blood stream directly impact the cell activity in your body. Acidity increases the chances of acid waste to deposit, interfering with the healthy grow of cells. Alkaline

water provides the body with the tools needed to neutralize acid levels, decrease acidity levels and encouraging recovery and boosting the immune system. Getting rid of toxins in the body is highly encouraged for better health, but when the water we drink is highly acidic, the body is unable to flush toxins properly.

**Alkaline balanced water encourages weight loss by reducing fat storage and allowing the body to flush toxins out properly.**

Studies have shown the benefits of reducing acidic levels for cancer prevention and treatment. Malignant cells grow in an acidic environment and alkaline water can help keep the desired to 7.2 pH level needed to keep neutral levels of acid in the body.

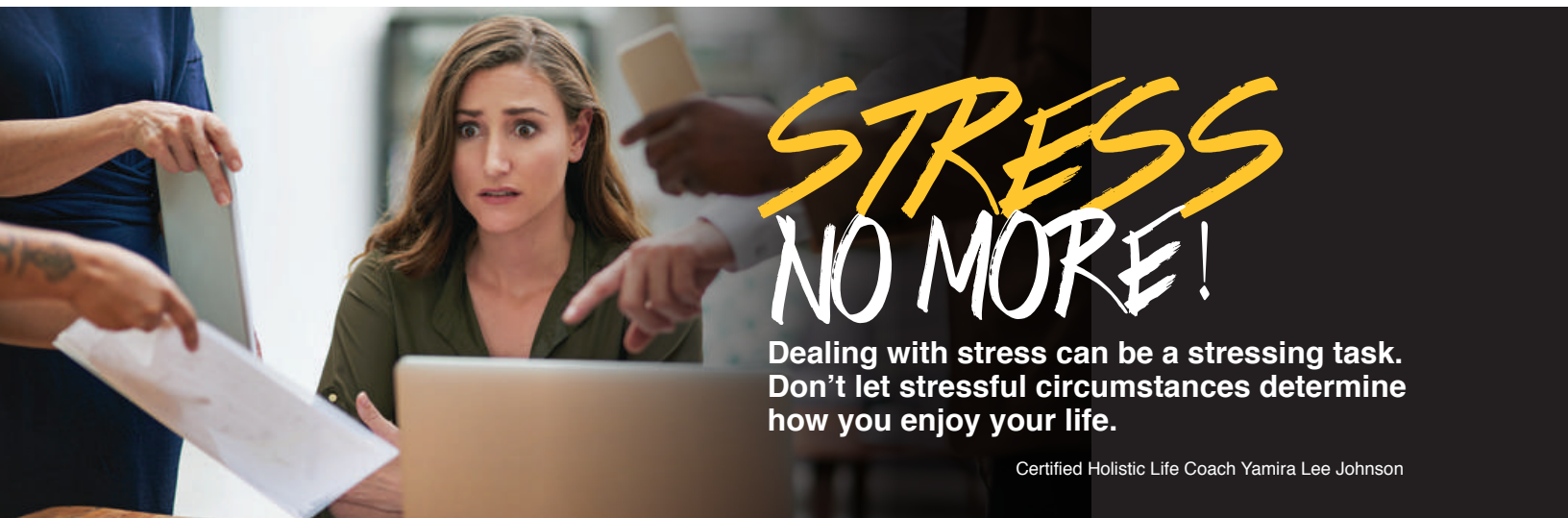
According to a study released by Dr. Theodore Baroody, alkaline balanced water is also a weapon against diabetes by supporting pancreas health which balances blood sugar levels and energy. Also, skin diseases like psoriasis can be positively impacted by alkaline water intake and applying to skin patches.

If you are considering options on how to improve your health, take into account that your body is 70% water and the right pH balance can make a world of difference in your overall health. Verify water ph levels with a simple test to your water ph level with a ph strip.

<http://www.cnn.com/2016/03/04/us/flint-water-crisis-fast-facts/>  
<http://www.usnews.com/opinion/articles/2016-06-29/the-united-states-faces-a-national-water-crisis>







## 5 easy steps TO A MINDFUL APPROACH TO HANDLING STRESS

### ① Identify

Feelings can be deceiving and intrusive. The next time you are feeling overwhelmed or stress, stop and identify what are you feeling and why. Taking a mindful look can help you identify ways to reduce stress. Being hungry and sleep deprived can add more stress to already difficult situations. A wholesome meal, exercise and rest can greatly reduce stress levels.

### ② Share

Being able to share your concerns with a trusted family member or friend can also help dealing with stress. Keep in mind that complaining or slashing out on others is not sharing and not helpful.

The purpose of sharing your concern should be directed toward problem solving or improving the situation. If you have no control, let it go!

### ③ Get moving

Studies reveal that exercising regularly can greatly improve mood, and overall wellbeing. Cardiovascular exercises are great for releasing stress, burn calories and improve cardiovascular health. Weight lifting and other resistance disciplines improve muscle and joint health

### ④ LOL often

Laugh out Loud and often. Laughter is a powerful weapon against stress. A healthy dose of humor can give you a new perspective under stressful circumstances. When circumstances get complicated, keep focus on the goals and what keeps you motivated.

### ⑤ Recharge

You don't have to react to every stress trigger shot at you. Learn to pick your battles and keep your energy on people and things that are truly meaningful. Choose to have little pockets of Me time throughout the day. Regular prayer, meditation or simple moments of mindfulness offer a better chance to fight daily stressful battles.

Balanced levels of stress can be a motivating, a healthy feeling that can propel you to complete projects or stay safe. The challenge is to understand how to evaluate stressful situation and control negative reactions. Instead, use stress as energy to move forward and not as a weight down. If stress is becoming unmanageable, stop, take a moment to recalculate, get help, problem solve and keep moving.



**For more recipes and Living &  
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