

# The Beet



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## WHOLE FOOD OF THE MONTH: DARK LEAFY GREENS

Dark green leafy vegetables are good sources of many vitamins (such as vitamins A, C, and K and folate) and minerals (such as iron and calcium). They're also great sources of fiber. Research studies suggest that the nutrients found in dark green leafy vegetables may prevent certain types of cancers and promote heart health. We recommend 9-12 servings of veggies per day, which is inclusive of dark leafy greens.

Your body needs a little dietary fat to absorb some of the vitamins found in dark green leafy vegetables. You can do this by adding a bit of olive oil or salad dressing to your dark green leafy vegetables. This helps to make sure your body absorbs all of the vitamins you eat. Many preparation methods and recipes for dark leafy greens already contain some type of fat such as oil, butter, or cheese in which case you don't need to add any more to get those important nutrients.



WHAT ARE THE DARK LEAFY GREENS I SHOULD BE LOOKING FOR?

- SPINACH
- TURNIP GREENS
- KALE
- ROMAINE
- BEEF GREENS
- SWISS CHARD
- WATERCRESS
- ARUGULA
- COLLARD GREENS
- MUSTARD GREENS
- CHINESE BROCCOLI
- BOK CHOY
- ENDIVE + MORE

## DETOX: DETOX FROM SOCIAL MEDIA

Taking a break from social media is a great way to reconnect with the people and activities that really motivate you. Before logging off, identify why you wish to take a break. Select the duration of the break, the networks you want to temporarily abandon, and develop a schedule for reducing your social media use. To help you maintain your break, turn off social media notifications or delete the apps entirely. Use the time you'd otherwise be on social media to read, exercise, and spend time with your friends and family.

### EXPERT TIP

If you feel depleted, lethargic, envious, or anxious after you use social media, you probably need a break. Stop this unhealthy cycle by taking a break from social media so that you can reconnect with all of the awesome things in your life.

## 5 HEALTHY RECIPES USING DARK GREENS

- [GREEN SMOOTHIE](#)
- [SPRING MIXED GREENS SALAD](#)
- [SAUTEED LEAFY GREENS](#)
- [GARDEN QUICHE](#)
- [SPINACH & KALE CHIPS](#)



## JANUARY EVENTS TO STAY ACTIVE

- [JAN 18](#) - ROCK N ROLL MARATHON
- [JAN 19](#) - THE FALLS 5K RUN + LUNCH
- [JAN 25](#) - ARIZONA BALLOON CLASSIC
- [JAN 25](#) - 5TH ANNUAL DOGGIE STREET FESTIVAL
- [JAN 26](#) - SHE POWER WOMENS HALF MARATHON
- [JAN 29](#) - WASTE MANAGEMENT PHOENIX OPEN
- [JAN 31](#) - RAGNAR DEL SOL



## REFRAME: PROMISING RESEARCH ON AFFIRMATIONS – THE PROVEN SCIENCE BEHIND POSITIVE THINKING

Positive affirmations help motivate people around you. Being around positive people will transform you and your energy. Many times we are depressed or negative because we fight our own thought process. Being around people with positive energy can change your thought process quickly. The power of positive thinking has been known to beat depressive thoughts. Depression has many causes, however, thoughts of low self-esteem, not being worthy, or even good enough, definitely plays a role. By saying positive affirmations you can change your thought process.

In a 2009 study done at Arizona State University, three expert 'populations' were studied: popular self-help literature, respected psychologists and psychotherapists, and individuals who were experiencing anxiety and/or depression. In the research that was conducted it was determined that, at the very least, affirmations can be useful as a supplemental form of treatment for many depressed and/or anxious patients. For some patients, affirmations proved to be the most influential part of their recovery process.

### Here are 10 positive affirmations you can use to reframe your mindset:

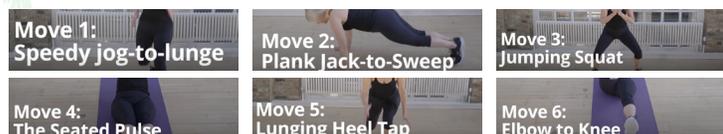
- I love myself unconditionally.
- I am STRONG!
- I allow only healthy and loving relationships into my life.
- Life wants the best for me. I am OK with where I am right now.
- I am connected and comfortable in all environments, with all people.
- I find and enjoy the simple pleasures life is offering right now.
- How I feel matters, therefore I concentrate on aspects of life that make me feel good!
- My challenges bring me better opportunities.
- My mood creates a physiological response in my body. I am peaceful and positive!
- I am in control of my thoughts and my life.



## YOU HAVE TIME! 10 MIN CORE + CARDIO WORKOUT

With an unsustainable exercise routine, work, family and socializing will elbow those sweat minutes right off the timetable. [WATCH THIS VIDEO](#) for a quick and easy 10 minute core and cardio workout you can do anywhere.

10 EA, 3X





## WELLNESS CHAMPION OF THE MONTH: ANGELA FRANKENFIELD, ALHAMBRA ELEMENTARY SCHOOL DISTRICT

I became a wellness champion for many reasons. First, I completely believe in supporting a healthy, balanced lifestyle for myself and my family. This can be challenging at times and having the added support of our district wellness committee motivated me to not only support others, but to also take care of myself both physically and mentally. In education this is one of the first areas we as educators release to ensure we are providing quality educational opportunities for our students and staff. Our nutrition, physical activity, and sleep patterns take a huge hit. By becoming a champion, I knew I had the ability to support that balance for our educators and staff who work so very hard for the benefit of serving others! My favorite thing about being a champion is reminding our staff that they are worth the time and energy to take care of themselves and having the ability to bring resources, events and information to all of our staff and students.



## SLEEP PROMOTES "BRAIN CLEANSING": BRAINS SWEEP THEMSELVES CLEAN OF TOXINS DURING SLEEP

While the brain sleeps, it clears out harmful toxins, a process that may reduce the risk of Alzheimer's, researchers say. During sleep, the flow of cerebrospinal fluid in the brain increases dramatically, washing away harmful waste proteins that build up between brain cells during waking hours, a study of mice found. The scientists noticed that during sleep, the system that circulates cerebrospinal fluid through the brain and nervous system was "pumping fluid into the brain and removing fluid from the brain in a very rapid pace". The team discovered that this increased flow of brain-cleaning fluid was possible in part because when mice went to sleep, their brain cells actually shrank, making it easier for fluid to circulate. When an animal woke up, the brain cells enlarged again and the flow between cells slowed to a trickle. This could offer a new way of understanding human brain diseases including Alzheimer's. That's because one of the waste products removed from the brain during sleep is beta amyloid, the substance that forms sticky plaques associated with the disease.

## FROM YOUR WELLNESS TEAM: IT'S TIME TO DETOX FROM DETOXING

There are very few health magazines, social media platforms, and blogs that do not have some mention of a detox. There are many companies recommending the latest juice fast or detox diet with promises of results without any scientific merit. And as enticing as these diets, juice cleanses, and fasts may sound and as intrigued as you may be for a quick fix, an overnight or three-day detox does not exist. There is a false belief that you need to put your body through a strict 'detox' for optimal health but the truth is, the only detox worth investing your time and money into is the health and vitality of your own liver.

**The scientific definition of a toxin is a poisonous substance from a living organism that can cause disease or cellular injury.** To better understand the importance of a healthy liver, we need to understand its role in detoxification – the removal of toxins from the body. The liver has two phases of detoxification – Phase 1 and Phase 2. Phase 1 transforms dangerous chemicals into less harmful substances and prepares them for easier excretion. During Phase 1, the MFO family of enzymes located on the membrane of liver cells helps change the molecular structure of toxins to reduce their harm to the body. This phase of detoxification requires plenty of antioxidant support to protect cells from damage since oxidation is a central role in this process. Phase 2 attaches molecules to each toxin to assist in their removal from the body through bile or urine. This phase requires amino acids and sulfur in large quantities. The reality is, you do not need any special three-day juice cleanse or restrictive fast to give your body what it needs to perform the functions of a detox. In fact, there is likely no benefit to a commercial 'detox diet'. To better understand why this is not necessary, it is important to think of the liver as a filter and not a sponge. The liver is able to process and convert toxins without serving as a storage space for them. The best support you can give your liver is not stripping it of its nutrients but making a conscious effort to eat a nutrient-dense diet daily. If you are interested in improving your health, there are likely many diet and lifestyle changes you could make to achieve this apart from a restrictive juice fast.

Yours truly,  
Your Wellness Team



## A NATURAL DETOXING TECHNIQUE IS TO GET MORE SUN.

The number one way to detox your body is by getting more sunshine. Vitamin D3, known as the sunshine vitamin, actually kills off bad bacteria. Recent studies found that if you are getting just 20 minutes of sunshine a day, your body starts producing over 200 antimicrobials, killing off bad bacteria, fungi, viruses and parasites throughout your body. Research is even showing that vitamin D can help fight and kill off cancer cells. Every single day, you should get outside and aim for 20 to 30 minutes, at least, of sunshine if you can. Even if you're a teacher and you're inside most the day, during your lunch hour sit outside for 20 minutes of it or go on a short walk during the day – for example, two 10-minute walks outside. You're getting more vitamin D and detoxing your body naturally. Residents of third world countries get more sunlight every day and do not exhibit skin cancer symptoms. The toxins developed in these countries use to block UV rays and everyday pollutants actually block nutrients, expose skin to these dangers and increase risk.

Try to make these daily habits in 2020:

- Put it on the calendar
- Mark your water bottle with a reminder - step outside with a quarter left and finish the rest outside
- Bring comfy shoes to work or keep in the car