



# The Beet

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## FUEL: TRY GINGER AS A FLAVORFUL IMMUNE BOOSTER

Ginger is among the healthiest (and most delicious) spices on the planet. It's loaded with nutrients and bioactive compounds that have powerful benefits for your body and brain. Ginger contains gingerol, a substance with powerful medicinal properties. It belongs to the Zingiberaceae family, and is closely related to turmeric, cardamom and galangal. The rhizome (underground part of the stem) is the part commonly used as a spice. It is often called ginger root, or simply ginger. Ginger has a very long history of use in various forms of traditional/alternative medicine. It has been used to help digestion, reduce nausea and help fight the flu and common cold, to name a few. Ginger can be used fresh, dried, powdered, or as an oil or juice, and is sometimes added to processed foods and cosmetics. The unique flavor and scent of ginger come from its natural oils, the most important of which is gingerol. Gingerol is the main bioactive compound in ginger, responsible for much of its medicinal properties. It has powerful anti-inflammatory and antioxidant effects.

Try ginger in our recipes of the month, reviewed and approved by our in-house Registered Dietitian



## RECIPES USING GINGER

- [Ginger baked apples with oats & pecan](#)
- [Fresh ginger tea](#)
- [Ginger coconut muffins](#)
- [Ginger salmon with cucumber lime sauce](#)
- [Cleansing ginger chicken soup](#)

## DETOK: WATER CONSUMPTION BOOSTS IMMUNITY

Water can do wonders for your body, especially when it works as an immune system booster. While the hyper-advanced water bottles and various flavors are great, making a point to have just one glass of water warm (as tea is great) and one glass with lemon a day will do wonders for your immune system. The health benefits of lemon water are plentiful. Lemons are a great source of vitamin C, which is known to boost the immune system, prevent disease, fight the common cold and protect cells. Water with lemon juice squeezed in may also help digestion and aid in detoxification. Sipping water in the form of hot tea is also a great option among immune boosting drinks. Tea has been linked to muscle endurance improvement and reducing the risk of heart attack. Drinking warm water, like tea, can provide antioxidants to your body – which may destroy harmful free radicals and protect against cancer.



## FROM YOUR RD: IMMUNE SYSTEM AND ANTI-INFLAMMATORY FOODS

Feeding your body certain foods may help keep your immune system strong. If you're looking for ways to prevent colds, the flu, and other infections, your first step should be a visit to your local grocery store. Plan your meals to include these 15 powerful immune system boosters.

**Red bell pepper**  
(Ounce for ounce, red bell peppers contain almost 3 times as much vitamin C as a Florida orange. They're also a rich source of beta carotene.)

**Citrus**  
**Broccoli**  
**Garlic**

**Ginger**  
**Spinach**  
**Yogurt**  
**Almonds**  
**Sunflower seeds**  
**Turmeric**  
**Green tea**  
**Papaya**  
**Poultry**  
**Shellfish**

## MOVE: THE IMPORTANCE OF REST DAYS



Sometimes mustering up the motivation to work out is a challenge. But other times, like when we're really determined to reach a goal or we feel like we need to make up for lost time, the opposite is true. Sometimes we take on that frantic "must work out every day" mindset and completely forget that one of the most important parts of exercising effectively is giving our bodies time to recover. Resting is just as important as working out because it's an equal part of the total process required to build strength, endurance, and muscle. During REM sleep, your body's production of growth hormone increases, which aids in the repairing and rebuilding of muscles post-workout.



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## WELLNESS CHAMPION OF THE MONTH: ZONA MIELKE, PEORIA UNIFIED SCHOOL DISTRICT

I became a wellness champion because my principal asked me if I would take on the role and be our representative. I whole heartedly agreed! My favorite thing about being a champion is advocating the program. I enjoy talking about it – explaining how easy and beneficial it is. I want people to form healthy habits and also take full advantage of the monetary wins! In my role as a champion, I try to lead by example: bring healthy food to potlucks, encourage people to move, take part in healthy programs (bingo, challenges). I have captained teams for WellStyles challenges, we have impromptu challenges via Fitbit and Apple Watch apps. I encourage people to MOVE and eat healthy. My personal health journey is on-going and never ending. When I turned 40 I made the decision that I would be FIT and FORTY – not FAT and FORTY, so I started running, and, with the encouragement of friends have participated in many 5K races over the years. I participate in health challenges (eating healthy, moving, giving up addictions) with friends and colleagues to keep myself in check. I can proudly say I have lost and kept off most of the 30 pounds I lost before turning 40 – and now I am 50. I continue that commitment to stay FIT at whatever age I am. My motto is, “You rest, and you rust.” I encourage people to keep moving. Even if it's slow, you are moving more than the person still on the couch.



## REFRAME: THE POWER OF HEALING MEDITATIONS

Meditation and other relaxation techniques can spur your recovery from injury or illness. A recent study from New Zealand showed that beginning three days before a procedure, participants in one group saw a psychologist who guided them through sessions of deep breathing, progressive muscle relaxation and imagery. A second control group did not undergo the sessions. The patients who had the intervention not only experienced a reduction in perceived stress both before and after surgery, but also higher levels of collagen, the main component of connective tissue, at the wound site. Study results showed a brief relaxation intervention prior to surgery can reduce stress and improve the wound healing response in surgical patients.



## REST: A SOLUTION FOR OPTIMAL SLEEP TEMPERATURE WELLSTYLES MEMBER DISCOUNT!

BedJet is a powerful temperature regulating and sweat-drying system for your bed. Tossing and turning all night because you're too hot? BedJet provides instant relief from night sweats, hot flashes, and stuffy memory foam mattresses by pulling out the moisture trapped within your sheets and sending a cooling stream of air across your body. If it's cold feet keeping you awake instead, use BedJet's heating mode to get dry sauna-like warmth throughout your bedding, like it just came out of the dryer! No matter your sleep temperature preference, BedJet has the solution. [BEDJET.COM](http://BEDJET.COM)

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COUPLES, AND/OR  
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## SUNLIGHT: VITAMIN D TO STAY HEALTHY

It has nothing to do with how hot it "feels" - the best time to get exposed to the sun is between 11am and 1pm, since the wavelength of ultraviolet B (UVB) rays is 290-320nm during this period, which is essential for skin to make vitamin D. A stroll outside before lunch every day could provide maximum vitamin D absorption to make up for the amount of time spent indoors keeping cool.

## FROM YOUR WELLNESS TEAM: SIX WAYS TO PREVENT THE SPREAD OF ILLNESS

No one likes being sick and no one has the time to put their life on hold for it. The good news is, we have the ability to prevent illness by maintaining healthy habits year round. Here are 6 ways to prevent the spread of illness.

- **Wash hands.** Our hands come into contact with a variety of different surfaces daily. Wash them regularly to avoid transferring germs into the body.
- **Avoid crowds and sick people.** Stay away from crowds and sick people in order to decrease your chance of getting sick.
- **Reduce stress.** Placing extra stress on the body can weaken the immune system and cause the body to be more susceptible to disease.
- **Consume a variety of nutrients.** Proper nutrition helps to strengthen the immune system, therefore making us more resilient to illness.
- **Sleep 7-9 hours a night.** Sleep allows the body time to fight potential illnesses and recover from daily activities.
- **Regular exercise.** Physical activity conditions the body to fight off illness.

These are just a few things that you can do to stay healthy. For more, check out the tracking tab on Wellstyles and earn points for staying healthy!

Yours truly,  
Your Wellness Team



## CONNECT: SOCIAL CONNECTION AT A SAFE DISTANCE

For many people, keeping a distance from others can be tough medicine to take. For an extrovert, being social is as basic a need as food and sleep. But for someone who prefers time alone, a directive to stay away from others is a dream come true. The truth is, we all need contact with other people. Connections promote wellness. Human connection is essential for good health, especially when life presents situations that can cause increased anxiety.

**Going digital unleashes unlimited possibilities for staying in touch. Here are just a few:**

- Start the day with friends and coffee or host an end-of-the-day happy hour.
- Attend a virtual seminar or skill class
- Stream a fun activity like planting flowers or painting on a live stream which invites friends who see you active to join in
- Host a digital dinner party and include a virtual cooking lesson of the main dish.
- Join a virtual watch party of a movie or show.
- Read a bedtime story to your kids or kid family members