

Chicken Cutlets & Succotash

TIP OF THE WEEK:

Practice journaling. It can help reflect on positive moments, reduce anxiety, sort through troublesome options and it's a constructive way to vent frustration.

Ingredients:

4 thin chicken cutlets
1/4 tsp salt & pepper
1 Tbsp oil (olive, grapeseed, etc.)
1 cup frozen baby lima beans (thawed)
1/2 cup corn
1 pint grape tomatoes
1 Tbsp grated Parmesan
1/2 cup fresh basil leaves (torn)
Lemon (wedged)
Whole-wheat roll (optional)

Directions:

1. Salt & pepper the cutlets then cook over high heat (about 3-4 minutes). Set aside.
2. Heat oil in pan. Add in 1 cup lima beans, 1/2 cup corn, and 1 pint grape tomatoes. Cook, tossing occasionally, until tomatoes burst (about 3-4 minutes). Stir in 1 Tbsp grated parmesan and 1/2 cup fresh basil leaves.
3. Serve with lemon wedges.



Get The Facts: Juice Cleanse

Myth:

A juice cleanse diet will detoxify my liver and clear out chemicals from my body.

Fact:

This myth relates to a previous Wellness Weekly on processed and organics foods. Hundreds if not thousands take up a "juice cleanse" diet with reports that it "renews your body" and "clears evidence of junk food." Well the evidence of junk food, or any food, technically is cleared in a natural way by everyone up to 3 times daily. The basis for wanting to do a cleanse is the negative, almost fearful connotation of the words toxins, and chemicals.

First, in healthy adults, there are no metabolites or "toxins" that are unable to be excreted or properly metabolized by the liver and kidneys. Any substance that is building up which requires a medication or supplement to chelate out of the body will cause some sort of pathology (i.e. lead poisoning). Also, there is little to no evidence that any of the products in these cleanses actually have any effects in vivo. Of the miniscule evidence, results seen are not able to be extrapolated to any applicable purpose. For example; in a review of studies looking into chelating effects of supplements, Klein cited an article where coriander was able to reduce lead in lead POISONED mice after 10 days of supplementation by 20%. I sure hope that if someone is suffering from lead poisoning, they aren't running to the pantry for coriander. Studies like this are where a lot of these myths began and unfortunately, most data has been misinterpreted.

Second, a juice cleanse can cause some significant harm to those who use them for long periods of time. Many experience GI upset with nausea, vomiting, and diarrhea. I have heard some simply say "these are the toxins leaving my body." Admittedly this is correct but it will occur in a more pleasant nature without the cleanse. Also, with only consuming fruit juices, there is a significant lack of vital macronutrients. This can result in muscle loss and malnutrition of the fat soluble vitamins (ADEK).

Conclusion:

Trust that your liver and kidneys are more than capable enough to eliminate any substances that are not needed for growth and function. Anything that cannot be eliminated will cause some sort of medical problems and require consultation with a physician. There is nothing to cleanse from a juice diet and the only evidence of eating junk food that can be removed is on your love handles and this is not going to disappear with a lemon, cayenne pepper, vinegar shot. Proper exercise and limiting calorie consumption is the way to trim or clean up your excess junk food use. Here are a few scrumptious examples of a quick Google search of juice cleanse.

Article By: Adam Heilmann, M2

Pinball Museum



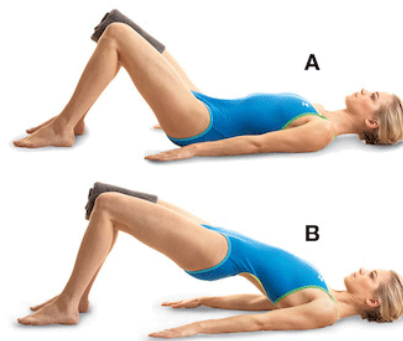
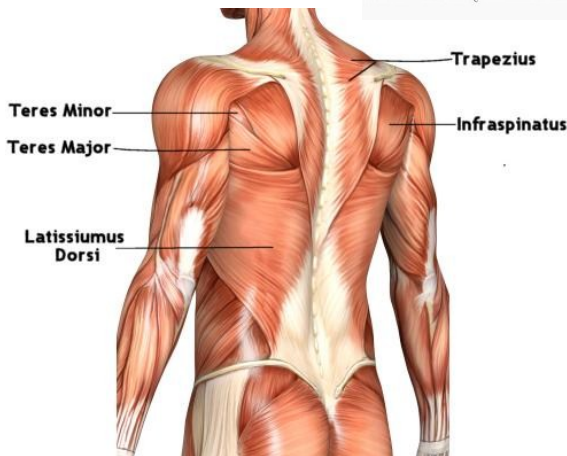
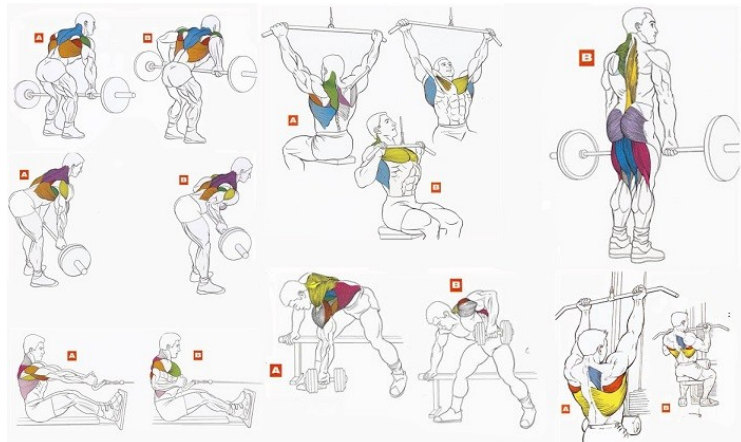
It's easy to forget it's here, so I'm going to remind you... If you need a bit of good clean fun this (or any) weekend head downtown and play for a few hours at the Roanoke Pinball Museum! It's closed Mondays, but open Tuesday thru Sunday. Hours vary, but they are open until 8:00 Friday and Saturday nights.

<https://www.roanokepinball.org/>

Exercise What You're Learning

"THE ULTIMATE MEASURE OF A MAN IS NOT WHERE HE STANDS IN MOMENTS OF COMFORT & CONVENIENCE, BUT WHERE HE STANDS AT TIMES OF CHALLENGE AND CONTROVERSY."

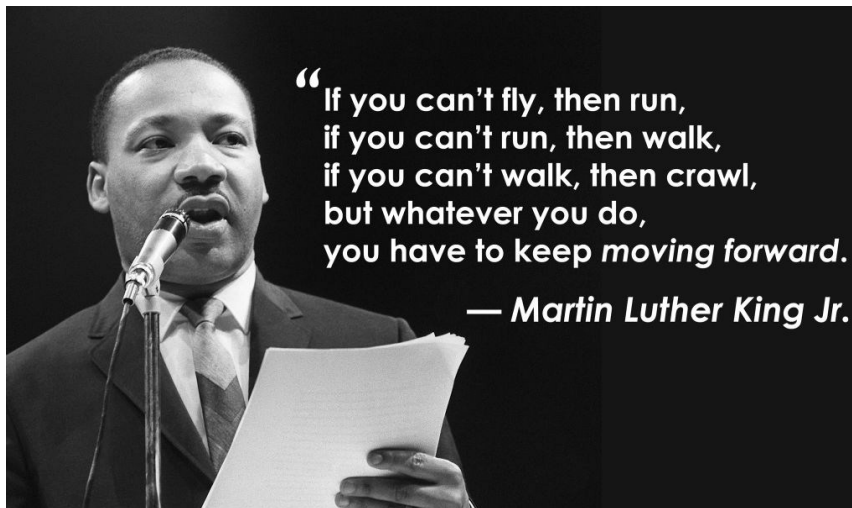
Monteith King Jr.



Training comes with injury risk. Avoid injury by consulting a trainer regarding form & weight.

Images from: officialfitnessandhealth.com, allbodybuilding.com, themoviebros.com, gethealthyu.com

Wellness Weekly Challenge



Night at Home - Thari Wala Chicken

Ingredients:

- 1 lb of chicken (in pieces)
- 2 Tbsp oil
- 2 onions, finely diced
- 3 cloves of garlic, chopped
- 400g plum tomatoes
- 1 heaped Tbsp of grated ginger
- 1 tsp salt
- 1 tsp turmeric
- Handful of coriander stalks, finely chopped
- 1 chili, finely chopped
- 1 tsp garam masala
- Handful of coriander leaves, chopped

Directions:

1. Heat oil in a pan and add the onion and garlic. Cook for about 20 minutes (until golden). Add tomatoes, ginger, salt, turmeric, coriander stalks and chopped chili. Increase heat to high. Cook until mixture becomes a paste. It will take 5-10 minutes. Then, add the chicken.
2. Cook for an additional 5 minutes. Reduce the heat to low and cover. Leave to cook for 20-25 minutes (until chicken is cooked). Once cooked, add boiling water to make sure chicken is covered and then cool another few minutes. Then, remove from heat.
3. Stir in the garam masala, throw in the coriander and then serve.

