



DAVID DOUGLAS WELLNESS

David Douglas School District
— WELLNESS —

HAPPY Newsletter

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H.A.P.P.Y. and Healthy New Year!

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It's the New Year once again, and time for everyone to start making those New Year's resolutions. Many of us will think of all of the "naughty" things we do or eat and want to eliminate them from our life. NO more caffeine. NO more sugar. NO more donuts. I personally believe most things are fine in moderation, because a life without donuts is a life not worth waking up for. So this year, instead of eliminating parts of your diet or lifestyle, think about things you can add into it to improve your health and wellness!

Add daily steps: Between the Apple watch, Fitbit, Garmin and other types of pedometers, daily step trackers are becoming more and more common in our day-to-day lives. While these trackers might not be perfect in counting the exact steps you are taking, they can be used as a great point of reference to see how active you have been during the day. If you are averaging less than 10,000 steps a day, think about adding in a 20-minute walk each morning or after dinner.

Add sleep: Sleep plays a vital role in everyone's health and wellbeing. Not only will lack of sleep make you feel tired, make you drink more coffee or make you forget your computer at home - but lack of sleep can lead to chronic health issues. The average adult requires about 7-9 hours of sleep and in some cases we just need to put sleep on our "to-do" list as opposed to getting to sleep when everything else is done. So set a sleep schedule, turn off Netflix and get some rest.

Add fiber: Fiber can lower your risk of heart disease and has been linked to reducing the risk of some cancers. It may also help with satiety and "keeping you regular." As a general rule, eating about 10-15 grams of fiber per 1,000 calories, will help you reach the benefits fiber can provide. So try switching out refined for whole grains in foods like breads, pasta and cereals or add beans or legumes to salads and other foods for a fiber boost. Keeping fruits and veggies on hand for a quick snack is also a great way to reach your fiber intake. However, this is a classic case of "some is good, more *doesn't mean* better." So be careful not to consume too much.

Add water: Do you ever look at the clock at 8:00 PM and say to yourself "I don't think I've had any water today"? If so, you might want to think about adding drinking water to your day. Eight, 8oz glasses (or 64 ounces, for you math wizards) of water is generally what is recommended for adults. If you find yourself constantly forgetting, try using a clear water bottle. Using a clear water bottle will help you see that amount of water you are or aren't drinking throughout the day.

Add self-care: In the field of education most of us do a great job caring for others but when it comes to ourselves we occasionally don't put in the time or effort. Self-care can help lower stress levels and increase overall happiness and wellbeing. This might be, as simple as, three to five minutes of quiet meditation time or something as big as a new exercise routine. Whatever it is, big or small; you should find a little time to do something for yourself each day.

Maybe you have already picked out a New Year's resolution, maybe you aren't into them, or maybe you started one but have already slipped up. Whatever the case may be I would encourage you to find a simple task to add to your day-to-day routine in order to make yourself a little healthier and happier. You might find that you are more successful and find it more enjoyable than eliminating those donuts we all love.

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Healthy Eating

Carrot Turmeric Red Lentil Stew

This vegan stew provides a massive dose of fiber and protein from the red lentils, while tomatoes, carrots, cilantro, and lime keep things fresh and light. The addition of ground turmeric adds undertones of spicy warmth as well as the myriad health benefits turmeric provides (think anti-inflammatory). With only 15 – 20 minutes total time and minimal cleanup, this is a superb easy, healthy, and flavorful dinner option!

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 cups red lentils
- 2 tomatoes, diced
- 2 large carrots, peeled and sliced
- 6 cups vegetable broth
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon black pepper
- Chopped fresh cilantro, for garnish
- Lime juice, for drizzling



Directions

1. In a large pot on medium high heat, drizzle a little olive oil and sauté onion and garlic until fragrant, about 3 minutes. Add red lentils and stir to coat well. Add spices and vegetable broth, turn the heat up to high and bring everything to a rapid boil.
2. Once it starts boiling, turn the heat down to a low simmer and cook uncovered for about 12 to 15 minutes, until lentils are cooked through yet not falling apart.
3. Adjust seasoning, remove the stew from heat and divide into bowls. Top with fresh cilantro and drizzle with lime juice. Enjoy!

<http://www.eatwell101.com/carrot-turmeric-red-lentil-stew-recipe>

App of the Month



How you feel matters. Whether you're feeling stressed, anxious, depressed, or you're dealing with constant negative thoughts, Happify brings you effective tools and programs to take control of your emotional wellbeing.

Our proven techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness and cognitive behavioral therapy for decades.

Get ready to reduce stress, overcome negative thoughts, and build greater resilience. 86% of people who use Happify regularly report feeling better about their lives in 2 months!

**HAPPINESS ISN'T JUST ONE THING.
IT'S EVERYTHING.**

Struggling with everyday challenges and being gripped by negativity is toxic to your emotional and physical wellbeing, your relationships, your performance at work. So when you start to turn the corner, and begin to learn the new habits of successful engagement with life, everything starts to look brighter and better.

<https://itunes.apple.com/us/app/happify-activities-games-for-stress-anxiety/id730601963?mt=8>



Start your New Years resolution with 24 Hour Fitness. Don't forget about DDSD's special rates. If you would like a three day pass to try it out, email joanne_maki@dds40.org.



Earl Boyles HAPPY Walk

EB staff enjoyed walks at Powell Butte on Thursday afternoons in September and October.

Pictured here are 1st grade teacher Diane Tarbet, behavioral specialist Carrie Tercek, kinder teacher Meri Cullins, instructional assistants Tina Kiang and Brenda Dickey. Also on this walk was Weezie the Great Dane (not pictured).

Out and About in Portland

Resolution Run

January 7, 2018—Battleground, Wa
5k and 10k run plus a polar bear slide. \$55
<http://www.resolution-run.com>

Sandelie Golf Course Mud Run

January 13, 2018—West Linn
5k and 10k run on a golf course. \$27
<http://www.sandeliemudrun.com/>

Oregon Winter Half Marathon

January 20, 2018—Aloha, OR
Half marathone, quarter marathon and 5k. \$40-\$65
<http://www.uberthons.com/half-winter-home>

Fertile Ground Festival of New Work

January 18-28, 2018—Throughout Portland
“This festival spans the spectrum of creative endeavor and seeds the next generation of creation through artist conversations, workshops, lunchtime readings and more.”
<http://fertilegroundpdx.org/>

Japanese New Year Celebration

January 28, 2018—Portland State
Food and performances celebrating the Japanese New Year. \$10
<http://mochipdx.org/>

Happy Gut, Healthy Life. Eating for a Healthy Gut

Continuing research shows that micro biome (the trillions of tiny microbes in our digestive tract) has a huge impact on our metabolism, immune system, inflammation in our bodies, cravings, and diseases affecting overall health and well-being. The biome lines our digestive tract like a protective film. When the biome is healthy, it provides a protective barrier in addition to allowing us to get nutrients from foods. Flora balance is important for proper digestion, synthesis of vitamins, recirculating of hormones by the liver, preventing colonization by pathogens (disease), and short chain fatty acid production. Dysbiosis is when the healthy gut biome is altered, setting us up for common gastrointestinal, chronic inflammation, and other diseases, as well as obesity.

The Western Diet (Standard American Diet)—high in trans-fat, hydrogenated fats, high sugar, low fiber and overly processed foods (altered and preserved)—is a major cause of dysbiosis of the microbiota. Repeated consumption of antibiotics is another major cause of dysbiosis in our society.

It sounds grim. But we can change our gut biomes and improve our health. The following action plan will help you change your gut biome and restore gut health.

- **Eat only whole, pure foods.** Highly processed food is loaded with high fructose corn syrup, added sugars, and unhealthy fats.
- **Cut out foods with added sugar for now. Avoid high fructose corn syrup entirely.** High amounts of sugar and high fructose corn syrup feed yeast and other unhealthy bacteria in the biome. They then grow out of proportion and crowd out the healthier bacteria. Yeast and unhealthy bacteria demand to be fed, therefore causing the overeating of more harmful foods. As you omit these, add cloves of garlic (or garlic supplement) to your diet daily. Garlic gets rid of the yeast overgrowth.
- To help you better digest food, consume organic, unpasteurized apple cider vinegar.
- Take a good-quality pro-biotic daily (5-10 billion CFU's and 10-15 strains). Variety is a key to establishing a healthy gut biome.
- Next, feed the healthy bacteria. They grow well with a high fiber diet of whole foods.
- Dietary fibers are prebiotics. They are necessary for bacteria fermentation that allows them to grow. Some of the most powerful prebiotics are inulin, arabinogalactans and fructooligosaccharides (FOS). They are found in asparagus, carrots, garlic, Jerusalem artichoke, jicama, leeks, onion, radishes and tomatoes.
- Strive to include 7+ servings a day of vegetables and fruit.
- Eat raw nuts and unsweetened nut butters.
- Add healthy fats such as flax oil, olive oil, sunflower oil, coconut oil, pure red palm oil, avocado, and organic butter.
- Healthy grains include brown rice, quinoa, oats and whole grains.
- Include omega-3 eggs, fish and plenty of legumes.
- Consume lean animal proteins not treated with antibiotics or growth hormones.
- Herbs and spices also have many health properties in addition to making our food tasty.
- Eating fermented foods (like kimchi, sauerkraut, kefir, kombucha, injera, miso and fermented vegetable) add numerous health benefits while promoting health gut biome.
- Hydrate well with water and tea. Some coffee is okay.
- **Avoid artificial sweeteners such as Splenda, Sweet & Low, and Equal.** They increase ghrelin and decrease leptin, causing increased appetite. Xylitol and Stevia are considered healthier.
- **Try Using Monk Fruit in the Raw for sweetening.** A healthy, natural non-calorie sweetener, "Monk Fruit in the Raw" (also called Lakanto sweetener), helps to create short chain fatty acids. Short-chain fatty acids are produced by the friendly bacteria in your gut. They are the main source of nutrition for the cells in your colon. They may reduce the risk of inflammatory diseases such as type 2 diabetes, obesity, heart disease and other conditions. Short-chain fatty acids may also play an important role in health and disease.
- Include daily exercise, known to increase the diversity of our gut biome.

Follow this plan strictly for 2-3 months. You will know it is working when you feel better, have more energy, stop craving junk foods, and find relief from other bodily symptoms. Inflammation will be quieted and your immunity will be stronger. After this, continue this eating plan at least with at least 70% compliance to maintain a healthy gut. The other 30% of your diet allows for eating whatever you want. But the hope is that your palate will begin to crave the healthiest foods.