



NUTRITION NEWSLETTER

COMPLETE HEALTH

of Lawrenceville

VITAMIN CORNER

Vitamin D is an important vitamin that is needed for many body functions. It helps with nerves, muscle function, cell growth, our immune system, reducing inflammation and strengthening bones. Our bodies are capable of making vitamin D from cholesterol when our skin is exposed to sunlight. However, vitamin D deficiency is common because most individuals don't get enough sun exposure and vitamin D is difficult to find naturally in foods. In winter months, it is especially important to get Vitamin D from your diet. Talk to your provider about adding Vitamin D3 from Douglas Labs to your daily routine!



DR R'S RECIPES: MISO SALMON

Salmon is one of the few foods that is naturally high in vitamin D. Just one 3-ounce serving of salmon contains 75% of the daily value for Vitamin D! This Miso Salmon recipe is one of Dr. Robus' favorites!

Ingredients

- 1 tablespoon white miso
- 1 tablespoon rice wine vinegar
- 1 teaspoon reduced sodium tamari
- 1½ teaspoons minced fresh ginger
- 2 4-ounce salmon fillets
- 1 tablespoon scallions, thinly sliced

Instructions:

- Position rack in upper third of oven. Preheat broiler. Line a baking pan with aluminum foil and generously coat the foil with coconut or avocado oil cooking spray.
- Whisk together miso, vinegar, tamari and ginger in a small bowl until smooth.
- Place salmon fillets, skin-side down on the prepared baking pan. Spoon miso mixture generously over each piece of salmon.
- Broil the salmon until just cooked through, about 6 to 8 minutes depending on size. Garnish with scallions. Serve immediately.

DO BLUE ZONES HOLD THE SECRET TO ETERNAL LIFE?

Alright.. maybe living forever is an exaggeration, but people in these areas do live a very long time! Blue Zones are communities around the world where people live much longer than average - often over 100 years! Although these cultures are very unique, research has shown that they share 9 similarities - referred to as the "Power 9". Implementing these behaviors just may improve your lifespan!



THE POWER 9

- **Move Naturally** - The world's longest-lived people don't pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudges them into moving without thinking about it.
- **Purpose** - The Okinawans call it "ikigai" and the Nicoyans call it "plan de vida". For both, it translates to "why I wake up in the morning". Knowing your sense of purpose is worth up to seven years of extra life expectancy.
- **Down Shift** - Stress leads to chronic inflammation, associated with every major age-related disease. What the world's longest-lived people have that we don't are routines to shed that stress.
- **80% Rule** - "Hara hachi bu" - the Okinawan, 2500-year old Confucian mantra said before meals reminds them to stop eating when their stomachs are 80 percent full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it.
- **Plant Slant** - Beans are the cornerstone of most centenarian diets. Serving sizes are about the size of a deck of cards.
- **Wine at 5** - People in all blue zones drink alcohol moderately and regularly. Moderate drinkers outlive non-drinkers. The trick is to drink 1-2 glasses per day with friends and/or with food.
- **Belong** - Research shows that attending faith-based services, of any denomination, four times per month can add 4-14 years of life expectancy.
- **Loved Ones First** - This means keeping aging parents and grandparents nearby or in the home. This lowers disease and mortality rates of children in the home too. They commit to a life partner and invest in their children with time and love.
- **Right Tribe** - The world's longest lived people chose - or were born into - social circles that supported healthy behaviors. Okinawans created "moais"- groups of five friends that are committed to each other for life.