

The Department of Psychological Sciences Wellness Bulletin

Mar 16 Cooking Hi-Energy Style!

Tired of the same old boring selection of healthy foods? Good! Join us as we prepare and enjoy beautiful vibrant and energetic meals that will strengthen your physical, stimulate your mental, and balance out your emotional health! Sounds too good to be true? Come check it out for yourself. It is a new twist on healthy organic living!



<https://www.eventbrite.com/e/cooking-hi-energy-style-tickets-56076640742?aff=ebdssbdestsearch>

Date and Time **Location** **20150 Lakeshore Blvd** **Euclid, OH 44123** [View Map](#)

Sat, March 16, 2019 **12:00 PM – 3:00 PM EDT** [Add to Calendar](#)

Mar 12 Now Back to You

“Discovering ways to overcome past situations by embracing the benefits of strong spiritual and emotional foundation.

Date: Tuesday, March 12, 2019

Time: 3-5pm Location: Beachwood Library, 25501 Shaker Blvd, FREE Event

For most of our lives we've allowed situations or circumstances to interfere in our personal environment. Yes we may have experienced some things that was beyond our control but when we honestly believe things are going to get better, they will. Our Spiritual and Emotional well being are some of the essential elements of developing a good habit of eliminating unnecessary stress, worries and discouragements.

Open up, fall in love with your heart and embrace the benefits of a strong Spiritual and Emotional foundation. Now is the perfect time to stop being afraid of yourself and live the peaceful life you know you deserve.

Please come out to hear and share how these amazing benefits can have a significant influence on every level of your well being.

Register on line <https://www.eventbrite.com/e/now-back-to-you-tickets-56060578700?aff=ebdssbdestsearch>

Sunday Yoga Series

Sundays, 10:30-11:30 a.m.

☎ 1 216 505 5188

distilltable@gmail.com

[Body/Spirit](#)

Come and test your mind and body with our certified instructor Matthew Biggins. After the Session come and enjoy our Brunch Offerings. \$15

<http://www.distilltable.com>

[Distill Table \(map\)](#)

14221 Madison Ave.



Asparagus and hard-boiled egg

It's no wonder this classic combo goes so well together: Fiber-rich asparagus balances out eggs' natural protein. (Plus, asparagus is [known as an aphrodisiac](#), thanks to its folate and vitamins B6 and E levels. Talk about fun ways to burn fat!) Pair 15 asparagus spears (cooked or raw) with one hard-boiled egg for a 126-calorie snack, complete with 11 grams of protein and 5 grams of fiber.



Reasons You Should Eat More Beans

Beans boost fiber, lower cholesterol, and so much more. Don't miss out on all the nutrition that legumes have to offer. Beans may get a bad rap for making people gassy, but that's no reason to cut them out of your diet. Experts recommend you consume up to [3 cups of the legumes](#) a week—because they are so good for your health. And the more you eat, the less likely you are to have tummy trouble.

Beans pack a lot of fiber

[Fiber](#) helps your body feel full, so you don't need to eat as much throughout the day. While current dietary guidelines recommend women get about [25 grams of fiber](#) a day, many fall short. On average, women consume just 12.1 to 13.8 grams a day. Look to beans to help you reach your goal. Just a half cup of cooked navy beans contains nearly 10 grams of fiber.

Beans are good for digestion

Beans contain both soluble and insoluble fiber, so they work double to keep your digestive system running smoothly. The first slows down digestion, which gives you that full feeling, and the second helps prevent [constipation](#). And beans aren't as bad for gas as you think. A study in the *Nutrition Journal* looked at the effects of pinto beans and black beans on the GI tract. Participants ate a half cup of either bean every day for three weeks. Though a little less than half reported increased [flatulence](#) in the first week, most of them felt it had dissipated by the third week.

Beans can help regulate blood sugar

On top of being high in fiber, most beans also score low on the glycemic index, a ranking of foods based on how they affect blood sugar. Because of the fiber and protein, the carbs in beans get absorbed at a slower rate over a longer period of time that helps keep your blood sugar steady—one reason beans are thought to help keep diabetes at bay.

Beans can help lower cholesterol

High levels of LDL cholesterol (the bad kind) can stick to the walls of your blood vessels, causing inflammation and plaque buildup. A healthy cardiovascular system starts with what you eat, and beans are one low-fat food you want on your team. "The soluble fiber in beans binds to cholesterol in the GI tract, which prevents it from being absorbed in the blood. Even more reason to get in at least 3/4 cup every day: a study in the *Canadian Medical Journal* found that eating one serving of beans, peas, chickpeas, or lentils daily can [reduce your LDL levels](#) by 5% and your chances of developing cardiovascular disease by 5 to 6%.

Beans are good for your heart

A diet rich in beans is good news for your [heart](#). "With every 1% reduction of total blood cholesterol, there is about a 2% reduction in the risk of heart attack. Then there's their high fiber content. A study in the *British Medical Journal* looked at the relationship between fiber intake and heart disease as well as cardiovascular disease. Researchers found that getting in an additional 7 grams of fiber per day could [significantly lower your risk of developing either condition](#) by 9%. Beans are also good sources of [potassium](#) and magnesium, key minerals for your heart. Potassium naturally removes excess sodium and water from your system, which can reduce blood pressure. Magnesium on the other hand aids in [nerve function and blood pressure regulation](#), according to the National Institutes of Health.

Beans can keep weight in check

In addition to belly-filling fiber, beans are loaded with protein, another nutrient that curbs cravings. Because the protein and fiber in beans delay stomach emptying, you feel fuller longer and have a delayed return of hunger. While many people turn to meat for their protein fix, most don't realize that beans are stocked with the nutrient too. A half cup of cooked black beans for example contains nearly 8 grams of protein. Even better, the low-fat nature of beans makes it easier for you to [lose weight](#). A lot of that has to do with how beans get processed in your system. "In the GI tract, fiber fills you up, but it doesn't get digested and absorbed into the blood stream where it either has to be burned or stored," Sass says. More reason to make beans your superfood for weight loss.

Beans are high in iron

[Iron deficiency](#) is the most common nutritional deficiency in the United States and the leading cause of anemia, a condition where the body has a lower-than-normal red blood cell count. Current guidelines suggest women get about 18 milligrams of iron a day, but many fall short of that goal. Eating beans is one way to get started on boosting your iron intake: a half cup of cooked lentils for instance has 3.3 milligrams. However, because beans are a plant food, they contain non-heme iron, which isn't as readily absorbed as the heme iron you find in meat. For better absorption, it's recommended you eat beans with foods high in [vitamin C](#). "Vitamin C gives non-heme iron a sizable boost, upping its absorption by six times," Sass says. "So pair beans with foods like bell peppers, broccoli, tomatoes, and citrus."

Beans are a good source of B vitamins

In many bean varieties, you'll find thiamin, niacin, riboflavin, B6, and folate—B vitamins that help you convert food to energy, boost good cholesterol, and reduce inflammation, among other things. Research has shown that folate and B6 may be helpful for lowering your risk of cardiovascular disease, too. A Japanese study in *Stroke* found that higher consumption of folate and B6 was associated with [fewer deaths from heart failure](#) in men, plus fewer deaths from stroke, heart disease, and total cardiovascular events in women. While you can also get your intake of B vitamins from fish, whole grains, and veggies, adding beans to your diet is a great way to keep your body going strong.

Two-Bean Soup with Kale

Prep Time 30 Mins

Yield

6 servings (serving size: about 1 1/4 cups)



This hearty vegetarian [soup](#) warms up chilly nights. Use any type of canned beans you happen to have on hand, or for a heftier non vegetarian dish if you prefer you can add *rotisserie chicken or Italian sausage

Ingredients

- 3 tablespoons olive oil
- 1 cup chopped onion
- 1/2 cup chopped carrot
- 1/2 cup chopped celery
- 1/2 teaspoon salt, divided
- 2 garlic cloves, minced
- 4 cups organic vegetable broth (such as Emeril's), divided
- 7 cups stemmed, chopped kale (about 1 bunch)
- 2 (15-ounce) cans no-salt-added cannellini beans, rinsed, drained, and divided
- 1 (15-ounce) can no-salt-added black beans, rinsed and drained
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon red wine vinegar
- 1 teaspoon chopped fresh rosemary

Nutritional Information

- | | | |
|----------------------|--------------|---------------|
| • Calories 250 | Fat 10.4g | Satfat 1.4g |
| • Monofat 5.5g | Polyfat 2.2g | Protein 11.8g |
| • Carbohydrate 30.5g | | Fiber 9.2g |
| • Cholesterol 0.0mg | | Iron 3.8mg |
| • Sodium 593mg | | Calcium 189mg |

How to Make It

Step 1

Heat a large Dutch oven over medium-high heat. Add olive oil to pan; swirl to coat. Add onion, carrot, and celery, and sauté 6 minutes or until tender. Stir in 1/4 teaspoon salt and garlic; cook 1 minute. Stir in 3 cups vegetable broth and kale. Bring to a boil; cover, reduce heat, and simmer 3 minutes or until kale is crisp-tender.

Step 2

Place half of cannellini beans and remaining 1 cup vegetable broth in a blender or food processor; process until smooth. Add pureed bean mixture, remaining cannellini beans, black beans, and pepper to soup. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in remaining 1/4 teaspoon salt, vinegar, and rosemary.

*If you decide to use chicken or sausage (I make it with spicy Andouille sausage), you would brown up your chicken or sausage first and then follow Step 1 and 2.