

Compliments of Stacey Shanner

# *start* HEALTHY

ISSUE 14

## DID YOU KNOW:

The magazine is typically displayed in the home for 3-4 weeks per issue. Half of recipients rank it as the most valuable branded product they receive from businesses.

## *comforting* & NOURISHING

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Stacey Shanner  
Direct: (866) 458-4226



The Shanner Group  
1100 First Avenue  
Suite 200  
King Of Prussia, PA 19406





## Front of Tear Out Card 1

### *kimchi* FRIED RICE

**FRIED RICE:**

- 1 tbsp. sesame or avocado oil
- 1 small yellow onion, finely diced
- 1 garlic clove, minced
- 1 in. fresh ginger, peeled and minced
- Kosher salt
- ½ c. kimchi, roughly chopped, with its liquid
- 3 c. cooked brown rice
- ½ c. frozen peas and carrots, thawed
- 2 tbsp. soy sauce (or tamari if gluten-free)

*(ingredients continued on back)*



**Stacey Shanner**


**Direct:** (866) 458-4226  
**E-mail:** info@remindermedia.com  
**www.remindermedia.com**

**The Shanner Group**  
1100 First Avenue  
Suite 200  
King Of Prussia, PA 19406

**57 percent of readers save these tear out cards to reference recipes and other helpful tips and pass along your contact info to referrals.**



## Back of Tear Out Card 1



**V** Vegetarian (With Egg)    **DF** Dairy Free  
**VG** Vegan (Without Egg)    **SERVES 2**

**Per serving (with egg):** Calories: 611 | Fat 21g | Carbs: 89g  
Protein: 18g | Fiber: 9g | Sugar: 8g

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*(ingredients continued)*

- 1 tbsp. gochujang paste
- 1 tsp. toasted sesame oil

**GARNISHES:**

- 2 scallions, light green parts only, thinly sliced lengthwise
- 1 tbsp. roasted sesame seeds
- 1 sheet nori, sliced into strips
- 2 free-range eggs, fried (optional)

1. In a wok or large sauté pan, heat the oil over medium-high to high.
2. When the oil is shimmering and almost smoking, add the onion and cook until soft and just beginning to brown, 5 to 6 minutes. Add the garlic and ginger and cook until fragrant, about 1 minute. Season with salt. Add the chopped kimchi and its liquid and stir until heated through, 1 to 2 minutes. Add the rice and peas and carrots, and stir to combine.
3. Add the soy sauce, gochujang, and toasted sesame oil, and stir until the rice is well coated. Spread the rice into an even layer and cook, undisturbed, until a light crust develops, 2 to 3 minutes. Season with salt.
4. Divide between two plates and top with the scallions, sesame seeds, nori, and fried eggs, if desired.



Dear Bill and Judy,

Autumn is here, and that means change is afoot: not just in nature but also in us, even in how we eat, drink, and think. This issue of Start Healthy highlights the best of the season with articles on the power of tea, the positives of culinary tasks, and how charity changes us for the better.

When the calendar moves to the latter part of the year, we turn to things that comfort us, like sweaters, scarves, and tea. But in addition to warming us and satisfying our taste buds, this popular beverage boasts a host of health-enhancing qualities.

Fall also provides ample opportunities for home cooking, especially with Thanksgiving on the horizon. And even though cooking and baking can sometimes feel like chores, once you know the true value of what they provide, from serenity to creativity, you'll clamor for the kitchen.

As we start to approach Thanksgiving, we tend to feel and show gratitude more. This year, that's perhaps truer than ever. But you might be interested to know that we are biologically wired to give back, so when we help others, we're improving ourselves as well.

May the autumn breeze always usher in peace and happiness for you. As always, it's a pleasure to send you this magazine.

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Add a personal letter to the front inside cover that speaks to your connections. This personalization leads 77 percent of recipients to better appreciate the sender.

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# Bring Aromatherapy INTO YOUR HOME

written by: *rebecca poole*

By circulating essential oils through a diffuser, known as one of the more popular forms of aromatherapy, your living space can be completely transformed into a calm oasis. This therapeutic technique can help with everything from anxiety to sleep issues. Also believed to have a positive impact on your brain, aromatherapy can be just what you were looking for to increase tranquility.

Each issue is filled with feel-good content that engages your audience and makes 80 percent of recipients more likely to do business with you.



**Here are the benefits of some of the most popular essential oils.**

**LAVENDER** | If you're struggling to get a good night's rest, try diffusing lavender oil before bedtime. It can help you wind down and get into sleep mode.

**VETIVER** | In contrast, this earthy, woody scent can help you feel more alert and decrease fatigue. If you're someone who works from home often, this may be the oil to diffuse during the day.

**PEPPERMINT** | Sure, the scent of peppermint is closely associated with the holiday season, but its smell throughout your home can help relieve headaches any time of year.

**ROSE** | This floral scent can help reduce stress levels and feelings of anxiety, boosting your mood along the way.

**ORANGE** | Another stress reducer, diffused orange oil, may help cheer you up. Unsurprisingly, the citrusy scent also refreshes the feel of the room you're in.

## ESSENTIAL OIL TIPS:

- There are many different diffuser models depending on price ranges, but look for ones that automatically turn off when the water runs out, have different mist settings, and are easy to clean. For a 100-milliliter diffuser (the most common), add no more than three to five drops of your choice of essential oil.
- Look for oils that are as pure as possible. Chances are the cheaper an oil is, the lower the quality will be. Make sure the Latin name and country of origin are on the bottle.
- Seek the advice of a health care professional before using essential oils on or around infants, children, and pets, or if you're pregnant.

## startHEALTHY



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### PUBLISHER

**Chief Executive Officer** Steven Acree  
[publisher@remindermedia.com](mailto:publisher@remindermedia.com)

### EXECUTIVE

**President** Luke Acree  
**Chief Marketing Officer** Joshua Stike  
**Chief Operating Officer** Michael Graziola

### MARKETING

**Director of Marketing** Dan Acree  
**Director of Creative Services**  
Kristin Sweeney  
**Brand Content Manager** Jessica Fitzpatrick  
[marketing@remindermedia.com](mailto:marketing@remindermedia.com)

### EDITORIAL

**Senior Editor** Matthew Brady  
**Editor** Alexa Bricker  
**Content Writer** Rebecca Poole  
**Proofreader** Mary Kate Weber  
**Layout Designer** Jordan Hunsberger  
[editorial@remindermedia.com](mailto:editorial@remindermedia.com)

### SALES AND CLIENT SUCCESS

**Vice President** Ethan Acree  
**Vice President of Operations**  
Nicholas Bianco  
**Director of Sales** Michael Campanile  
[hello@remindermedia.com](mailto:hello@remindermedia.com)

### OPERATIONS

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**Director of Manufacturing**  
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**Director of Business Intelligence**  
Dan Galloway  
**Vice President of Finance**  
Shana Lebofsky  
**Director of HR** John Keogh  
[hr@remindermedia.com](mailto:hr@remindermedia.com)



# BAKE IT

written by: *rebecca poole*

# *till you* MAKE IT

Julia Child once said, "This is my invariable advice to people: learn how to cook—try new recipes, learn from your mistakes, be fearless, and above all have fun!" Child's encouraging words have undoubtedly inspired countless people to pick up a whisk, whether to try a new recipe out of

boredom or, as Child did, to embark on a full-out mission to find their life's purpose in baking and cooking. Many people probably won't write a best seller about their triumphs or inspire a box office hit, but cooking and baking have a myriad of benefits for the mind and the body.

mind & body





## Something like baking bread can be especially therapeutic—

*as long as you accept that it doesn't have to turn out perfect.*

### **Flour Power**

Edward Espe Brown, author of *No Recipe: Cooking as Spiritual Practice*, aims to instill in readers what it means to view cooking or baking as meditative. In yoga practices, meditation means being in a state of stillness and looking inward to get to a place of total consciousness. It relies on breath, posture, and, more often than not, a quiet environment, none of which is usually synonymous with kitchen activity. But when you let go of what you typically associate with meditation, you'll find that cooking and baking can have similarly calming results.

Something like baking bread can be especially therapeutic—as long as you accept that it doesn't have to turn out perfect. Bread is a low-cost, high-reward food to make; water, flour, yeast, and a whole lot of kneading are the basics to making a good loaf.

In a society obsessed with time, however, perhaps the most important component to bread making is patience. You learn to view time as your friend, not your enemy. Time is what allows the dough to mature, eventually leading the way for it to become an artisan loaf. The process of making the bread itself—the rhythmic act of kneading the dough, waiting for it to rise, and eventually baking it in the oven—forms a meditative connection. When you allow yourself to be completely focused on the push and pull through kneading with your hands, this eases you into a state of mindfulness. While you're not engaging in something typically considered meditative, with an open mind, making bread can be experienced as just that.





## What's Cooking?

The mindful, meditative aspect of making something in the comfort of your own kitchen is certainly a benefit to your mental health, but it doesn't end there. For some, it may even take a while before they consider cooking or baking meditative, and it could take a couple tries at a recipe before fully giving in to that sense of mindfulness. It may be helpful to learn about what other benefits can come from taking up cooking or baking as a hobby.

### ACCOMPLISHMENT:

We've all experienced the feeling of satisfaction that comes from accomplishing something. It's also used in a type of therapy called behavioral activation. This method of therapy is used to treat those suffering from depression by having them participate in activities that are attached to goal-oriented encouragement. Whether you're a newbie in the kitchen or a seasoned chef, at the end of a recipe is the promise of something delicious you made with your own hands, and that has power.

### NUTRITION:

If you're looking to better your relationship with food, cooking your own meals is a great way to get on the right track. When you're in control of what you're putting into your body, you have greater influence to make it

a healthy meal full of nutrients instead of something that will leave you feeling hungry (and guilty) hours later.

### CREATIVITY:

Setting aside time to do something creative is proven to positively impact your day. This could take form in writing, drawing, and, yes, cooking. And don't think that this excludes you just because you're following a recipe! Whether you swap out an ingredient for something you find more flavorful, add a dash more seasoning, or make dietary substitutions, cooking inspires creativity just by doing. Who knows? Straying from the recipe may lead you to create a new family classic.

## Mix It All Together

A dash of meditation here, a sprinkle of stress relief there—cooking and baking may just be the hobby you were looking for to strengthen your mind-body connection. With Child's famous sentiment in the back of your mind as you embark on the culinary journey ahead of you, it's hard not to be excited! Learn to let go of the idea of perfection, and embrace every messy, mindful, and makeshift second of being in the kitchen.

*For more info, visit*  
**[choosemyplate.gov](https://www.choosemyplate.gov)**

## Reasons to Try Cooking or Baking:

- Relieves stress
- Encourages healthy habits
- Better your relationship with food
- Better your relationships with others
- Produces a feeling of accomplishment
- Helps you live in the present moment
- Inspires creativity





# doing good to **FEEL GOOD**

written by: alexa bricker

**T**he holiday season has always been associated with giving back. Between gift giving and an increased interest in volunteering, it's part of what makes that time of year so special. But as good as it can feel to be on the receiving end, it can feel even better knowing how much of an impact your good deeds have on others.

And it's not just a good *feeling* that can come from these positive actions. As it turns out, giving back has real benefits that can help improve your health in the long term. So if you've been thinking about giving back, do it—your health can't wait!







## **GIVING: AN ACT OF SCIENCE**

Humans are generally social by nature, and our desire to help people is as deeply rooted as our need for food and water—it's a part of life. From a psychological standpoint, the chemicals the brain releases when we give back, dopamine, serotonin, and oxytocin, are all responsible for feelings of happiness and motivation. Your brain is literally wired to feel good when you do good, and because you want to continue to feel this way, the more you give back, the more likely you are to continue this behavior. Because the brain is connected to your body's other functions, the release of these neurochemicals doesn't just help your mood—it's actually responsible for a lot more.

### **THE HEART**

Obviously, maintaining a healthy diet and exercise routine is the best thing you can do for your heart, but giving back provides its own benefits to this vital organ. Adults who volunteer have been shown to have lower blood pressure and cholesterol levels and to have an overall lower risk for heart disease and stroke.

### **ANXIETY AND DEPRESSION**

The feel-good chemicals that your brain releases when giving back can help boost your mood. Plus, the oxytocin that is released helps to create feelings of bonding and belonging that are important for good mental health.

### **LIFE EXPECTANCY**

Giving back has been linked to a lower mortality rate among adults, especially older adults, who can feel a sense of purpose from giving back or volunteering their time. A study from the Corporation for National and Community Service showed that seniors who volunteered were 88 percent less likely to feel isolated, and 84 percent had stable or improved health.



## SIMPLE WAYS TO GET INVOLVED

Now that you understand some of the benefits of giving back, you might be wondering how you can get started. Regardless of your financial means, physical limitations, or time restraints, there are plenty of ways you can make a difference in the lives of others—and feel good doing it.

### VOLUNTEER

Those who have the time and means to volunteer have a lot to gain from the experience. It can be highly rewarding, especially if you can find a place to volunteer that involves something you are already interested in. Sites like VolunteerMatch allow you to search for opportunities in your area based on specific categories such as Health & Medicine, Community, and Children & Youth. Local organizations post opportunities to the site with a brief description of what will be asked of volunteers so you can be prepared.

### MAKE A FINANCIAL DONATION

It's not always feasible to donate financially to organizations, but if you're able, it's a great way to show support for causes that you care about. Nonprofits rely heavily on financial donations in order to support staff and accomplish projects. If you want to make sure your money is being put to good use before you make any commitments, resources such as Charity Navigator and CharityWatch allow you to search for charities by name or cause, and both offer ratings and financial information so you can see exactly how your donation will be used.

### LEND A HELPING HAND

Giving back doesn't have to be complicated—it can be as simple as helping out a neighbor, a relative,

or a friend with whatever he or she may need. If you have an elderly neighbor or family member who has difficulty getting around, consider helping that person with tasks like running errands or mowing the lawn. If a friend is having trouble at work or is struggling with a problematic life event, offer a sympathetic ear. You don't have to think too far outside the box when it comes to giving; a little goes a long way.

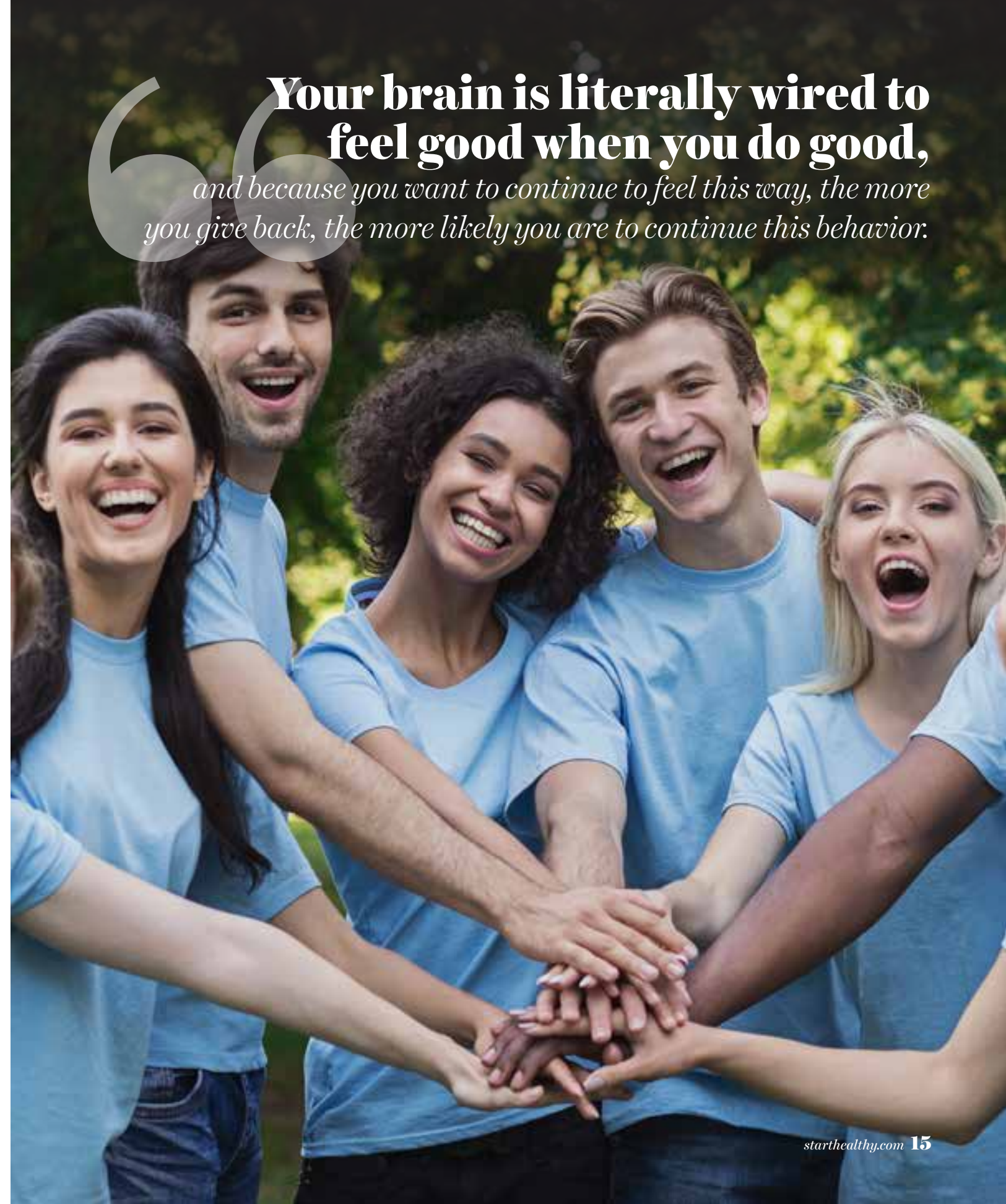
## GIVE A LITTLE, GET A LOT

While giving back can do a lot of good for you and those you're helping, be careful not to spread yourself too thin. There is such a thing as giving back too much, and if you find your volunteer or financial commitments to be stressful, it's probably a sign to cut back a little bit.

*Giving back is important any time of year, but as the season of giving approaches, take a moment to think of ways you can make a difference in your community, in the lives of those you love, and, ultimately, in your own life—your recipients and your health will thank you.*



**Your brain is literally wired to feel good when you do good,**  
*and because you want to continue to feel this way, the more you give back, the more likely you are to continue this behavior.*







# ON (AND UNDER)

## the lookout

written by:  
matthew brady  
photography by:  
ruby falls



Tennessee is world-renowned for many things, especially its music. However, when it comes to underrated US cities, its fourth-largest, Chattanooga, may top the list. This up-and-coming town of approximately 180,000 people is located right on the Tennessee-Georgia border. It holds the distinction of being named Best Town Ever twice in *Outside* magazine and, in 2018, the *New York Times* named it as one of the top twenty-five places in the world to visit.



One of the main reasons for these accolades is that Chattanooga is an outdoor paradise. A prime location by the Tennessee River allows for ample water activities, and its newly built thirteen-mile Riverwalk is perfect for walking or biking. In addition, the town is surrounded by mountains and ridges, providing abundant hiking and climbing opportunities. There's a reason its nickname is the Scenic City.

And at the heart of the adventure is Lookout Mountain, an eighty-four-mile range that begins in Chattanooga and stretches through Georgia and into Alabama. Among its popular attractions are Georgia's Rock City, which features a 4,100-foot nature trail, and the Incline Railway, which takes passengers on a Lookout Mountain sightseeing tour via one of the world's steepest inclines.

But perhaps the most spectacular attraction of all isn't located on the mountain—but within it.

## LOVE, LEO

The story of Ruby Falls—America's tallest and deepest underground waterfall open to the public—is a love story. And, like all good love stories, it took unexpected twists and turns.

For generations, people had explored Lookout Cave, which is estimated to be thirty million years old, by entering through the natural opening at Lookout Mountain. However, because of a 1905 railroad project, that opening was closed off.

A local chemist, Leo Lambert, was dismayed by its closing, so he devised a plan to open it again to the public. His solution: drilling an entryway down from the mountain into the top of the cave, a project that he and his team began in 1928.



However, before reaching Lookout Cave, they accidentally discovered a two-foot-tall by four-foot-wide opening, which they crawled through for several hours before landing at a second, magnificent cave. At the end of it: a spectacular 145-foot waterfall. Lambert later showed his wife, Ruby, what they had found and vowed to name it after her, which he did.

Ultimately, Lambert succeeded in his original mission: Lookout Cave reopened in 1929, as did Ruby Falls the next year, but the former shut down for good in 1935. However, explorers' love of Ruby Falls continues to this day.

## FALLING FOR RUBY FALLS

Of course, when you visit, the must-see event is the cave itself and its waterfall, which is listed on the National Register of Historic Places. The experience begins before you even get to the cave: you can visit

the Cavern Castle, the 1930s dance hall-turned-lobby that was modeled after a fifteenth-century castle and constructed from the five million pounds of limestone removed during drilling. When it's your turn to tour, an elevator—complete with glass doors so you can see the rock whizzing by as you descend—takes you 260 feet underground, right to where Lambert's team first found the alternate route. You then walk the rest of the way until you're 1,120 feet below the surface, where the waterfall cascades down.

Along the way, you'll witness the many spectacular natural formations that Ruby Falls offers, including flowstone, draperies, stalagmites, stalactites, and onyx. You'll even see the tiny opening where Lambert and his team crawled out and where he first set foot in the cave. In all, the total journey is about a mile long and takes about an hour.



A few years ago, this already breathtaking experience was enhanced even more. “In 2018, we introduced a new light-and-sound show at the waterfall,” shares Missy Montgomery, digital media and public relations coordinator at Ruby Falls. “This show draws attention to the distinction of the waterfall and the waterfall room and reveals just how massive the falls are.”

### A CONCENTRATION ON CONSERVATION

Montgomery also notes that the new show features LED lighting, which is just the latest way Ruby Falls emphasizes eco-consciousness. In 2018, construction of its new venues—including the Village Plaza, Blue Heron Overlook, and Village Gift Shop—was completed, with equal emphasis on customer experience and conservation.

For example, over 75 percent of the construction waste from the project was recycled. In addition, Ruby Falls enhanced its water and energy conservation by making its buildings dramatically more water-efficient and installing a 16,000-gallon rainwater collection irrigation system. It also uses electric vehicle-charging stations and solar energy and even hosts an environmental summit in April for area high-school students.

Because of these efforts, Ruby Falls was the first US tourist attraction to be certified by Green Globe, an international sustainability group for businesses.

### LAYING THE GROUNDWORK

Because of Ruby Falls’ popularity (it’s visited by over 500,000 people each year), you should plan ahead for your adventure. “We encourage guests to purchase their tickets online prior to visiting to choose the date

and check-in time that works best for their plans,” Montgomery says. “The check-in time puts them in the elevator queue for the next available spot, where they can stand for up to forty-five minutes or so. For a shorter wait time, we recommend arriving or choosing a check-in time prior to 10:00 a.m.”

You can choose from three tours. The Classic Waterfall Tour runs from 8:00 a.m. to 8:00 p.m. daily. For more adventurous types, there’s the popular Friday night Lantern Tour, which Montgomery says “allows guests to explore the cavern just as Leo Lambert did when he discovered the falls: with just the glow of handheld lanterns.” The newest tour, the Gentle Walking Tour, was unveiled in 2020. “It’s a slower-paced journey through the cavern with early and extended access to the waterfall,” Montgomery adds. “It’s guided by a senior-level guide, who shares in-depth

historical and geographical content and exclusive Ruby Falls stories.”

The cavern itself is a consistent sixty degrees year-round, but Montgomery notes that it can get chillier around the falls, so she recommends bringing a lightweight jacket. She also warns that the terrain is a bit tricky, so comfortable, sturdy shoes are a must. “Because the cave is active, there are a few wet spots on the cavern trail, and there are stairs along the way. Plus, since the cavern trail is surrounded by ancient formations, we’re unable to widen it more than the current pathway.” That means you may have to maneuver around some natural formations (which would be damaged if touched), and scrunch under some ceilings (which, in some places, are under six feet).





## GOING ABOVE AND BEYOND

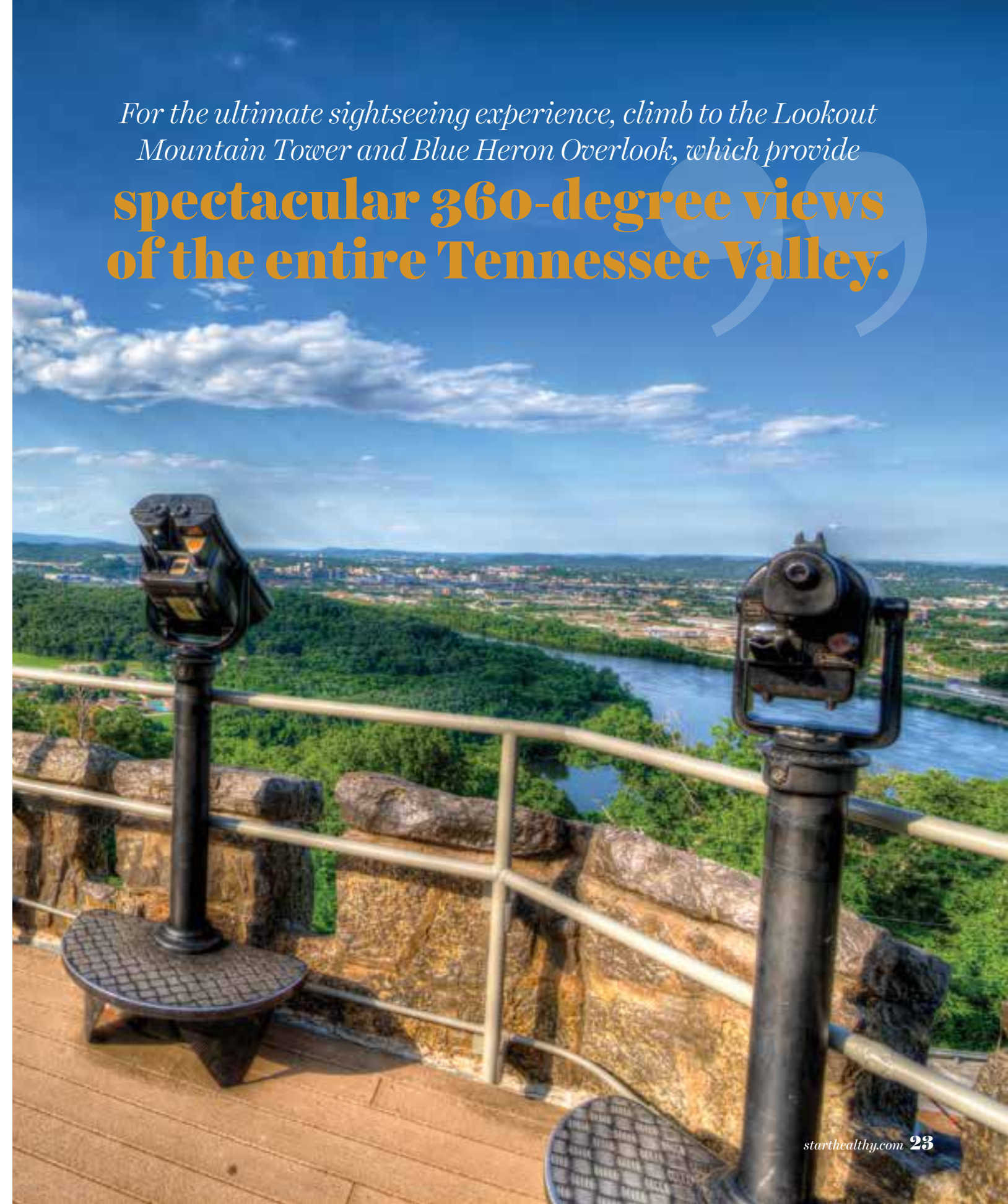
The Ruby Falls experience doesn't end once you emerge from the caverns. For more thrills, the new High Point ZIP Adventure is a must. This attraction takes you soaring through the trees over the Tennessee Valley on seven hundred feet of zip line. If you like to climb up as much as soar down, the adventure also offers forty-foot climbing walls in the middle of nature.

For the ultimate sightseeing experience, climb to the Lookout Mountain Tower and Blue Heron Overlook (both included with admission), which provide spectacular 360-degree views of the entire Tennessee Valley. The Overlook also has a special feature: a viewfinder that allows color-blind people to see the vibrant colors of the surrounding landscape.

You can also plan your visit around Ruby Falls' ample special programming, including the Romance at Ruby event in February and the 100 Million Steps in March event supporting the American Heart Association. In the fall, Ruby Falls offers an offsite experience: the spooky, popular Dread Hollow haunted house attraction. And for the holidays, a separate part of the cave is transformed into a winter wonderland for kids as they search for the North Pole in Christmas Underground.

*No matter when you visit, you're sure to have a memorable experience at Ruby Falls in Chattanooga. Much like the city it resides in, it shows that there's so much more to do when you look beneath the surface.*

*For more info, visit [rubyfalls.com](http://rubyfalls.com)*



*For the ultimate sightseeing experience, climb to the Lookout Mountain Tower and Blue Heron Overlook, which provide*  
**spectacular 360-degree views**  
**of the entire Tennessee Valley.**



recipes by: *goodful*  
photography by: *david malosh*

# comforting & NOURISHING

## RECIPE KEY:

- GF Gluten Free
- VG Vegan
- V Vegetarian
- DF Dairy Free



Autumn is a time when we fall back on our ever-reliable sources of coziness, such as flannel shirts, blankets—and food. The Goodful kitchen is here to help, providing delicious, easy-to-make versions of comfort classics.



For 4-piece serving: Calories: 268 | Fat: 22g | Carbs: 7g | Protein: 10g | Fiber: 1g | Sugar: 4g

## low-carb everything PIZZA BITES

Pizza doesn't have to mean not nutritious! These pizza bites still deliver the full pizza experience without the crust. Pepperoni or salami take the place of the crust, and a muffin tin molds it into place. Add your favorite pizza toppings, and voilà!

### measure

- 1½ teaspoons avocado oil or cooking oil of choice
- 1 cup low-sugar marinara sauce
- ½ medium yellow onion, finely diced
- 20 slices uncured "sandwich-style" pepperoni or salami, 3 inches in diameter
- ½ red bell pepper, seeded and finely diced
- ½ cup shredded dairy-free cheese
- ¼ cup finely diced stemmed cremini or shiitake mushrooms (about 3 mushrooms)
- Small basil leaves, for garnish
- Kosher salt and freshly ground black pepper

### make

1. Preheat the oven to 400°F.
2. In a small saucepan over medium heat, add the oil and heat for about 1 minute. Add the onion, bell pepper, and mushrooms and season with salt and black pepper. Cook until the vegetables soften, about 5 minutes. Add the marinara sauce and simmer for about 10 minutes more.
3. Using two 12-cup mini-muffin tins, or making the pepperoni bites in one tin in two batches, press 1 pepperoni slice into each muffin cup, making sure to press the pepperoni slice into the bottom and up the sides to form a cup. It's okay if the pepperoni slice overlaps itself a little bit. Spoon 1 tablespoon of the vegetable marinara into each pepperoni cup. Sprinkle with 1 heaping teaspoon of cheese per cup.
4. Bake until the cheese is melted and the edges of the pepperoni are crisp, 10 to 12 minutes. Remove from the oven and let cool for 10 minutes before transferring the pepperoni cups to a plate.
5. Sprinkle the basil over the pizza cups.

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DF V With Egg VG Without Egg

SERVES 2

Per serving (with egg): Calories: 611 | Fat: 21g  
Carbs: 89g | Protein: 18g | Fiber: 9g | Sugar: 8g

# kimchi FRIED RICE

Kimchi has an addictive, effervescent quality thanks to the fermentation process that the cabbage (and sometimes radish) undergoes to create this signature Korean dish. The fermentation process imparts healthy bacteria called lactobacilli, which help with digestion. Gochujang is a sweet-and-spicy red chili paste; if you can't find it at your local supermarket, you can order it online, and it'll keep in the refrigerator for up to two years. This dish comes together in under 30 minutes and is packed with amazing flavors.

## measure

### FRIED RICE:

- 1 tablespoon sesame or avocado oil
- 1 small yellow onion, finely diced
- 1 garlic clove, minced
- 1 inch fresh ginger, peeled and minced
- Kosher salt
- ½ cup kimchi, roughly chopped, with its liquid
- 3 cups cooked brown rice
- ½ cup frozen peas and carrots, thawed
- 2 tablespoons soy sauce (or tamari if gluten-free)
- 1 tablespoon gochujang paste
- 1 teaspoon toasted sesame oil

### GARNISHES:

- 2 scallions, light green parts only, thinly sliced lengthwise
- 1 tablespoon roasted sesame seeds
- 1 sheet nori, sliced into strips
- 2 free-range eggs, fried (optional)

## make

1. In a wok or large sauté pan, heat the oil over medium-high to high.
2. When the oil is shimmering and almost smoking, add the onion and cook until soft and just beginning to brown, 5 to 6 minutes. Add the garlic and ginger and cook until fragrant, about 1 minute. Season with salt. Add the chopped kimchi and its liquid and stir until heated through, 1 to 2 minutes. Add the rice and peas and carrots, and stir to combine.
3. Add the soy sauce, gochujang, and toasted sesame oil, and stir until the rice is well coated. Spread the rice into an even layer and cook, undisturbed, until a light crust develops, 2 to 3 minutes. Season with salt.
4. Divide between two plates and top with the scallions, sesame seeds, nori, and fried eggs, if desired.







VG

MAKES 36 BITES

Per 2 bite serving: Calories: 184 | Fat: 12g | Carbs: 16g | Protein: 5g | Fiber: 2g | Sugar: 8g

## pumpkin seed CASHEW BITES

These bites are made with barley malt, which is a natural sweetener made from soaked and sprouted barley, and can be used in place of molasses, honey, or maple syrup. It offers more nutrients than granulated white sugar, although you should be aware that it contains gluten.

The organic versions tend to be processed in an old-fashioned way that leaves most nutrients intact, so keep your eye out for the “organic” label. Here it’s combined with crunchy seeds and nuts for a quick, nourishing bite.

### measure

- 2 cups raw unsalted cashews, 1 cup roughly chopped and the rest left whole
- 1 cup raw pepitas (pumpkin seeds)
- 1 cup raw unsalted almonds, roughly chopped
- 1½ teaspoons kosher salt
- ½ cup organic barley malt syrup
- 1 cup puffed rice cereal
- Nonstick cooking spray

### make

1. Preheat the oven to 350°F. Line a 9 × 9-inch pan with parchment paper.
2. In a medium bowl, combine the cashews, pepitas, almonds, salt, barley syrup, and cereal. Thoroughly stir to ensure the syrup evenly coats everything.
3. Pour into the prepared pan. Lightly spray the outer bottom of a measuring cup with nonstick cooking spray. Using the measuring cup, press the mixture tightly into the pan and flatten the top.
4. Bake until aromatic and golden brown, and the edges appear set, 15 to 20 minutes. Remove from the oven and let cool for at least 30 minutes.
5. When cool, run a paring knife around the edges of the pan. Place a cutting board on top of the pan and flip the pan over to release the nut mixture, then remove the parchment paper. Cut into 36 pieces: First cut six columns about 1½ inches wide, then cut each column into six squares, every ½ inch. Store in an airtight container, with parchment between each layer, for up to 10 days.



written by: rebecca poole

# A MIGHTY Sip

One cannot dive into the health benefits of tea without also diving into the millennia-old history of this aromatic drink. There are ancient legends surrounding tea—one of the most widely known being about an ancient Chinese farmer named Shennong and a tea leaf that saved him from a fatal poisoning. This story points to a more concrete fact: tea has been used for medicinal purposes across the globe since its inception.

Tea made its way to Europe in the seventeenth century; after it did, it turned into more of a social affair with traditions like afternoon tea (which began in nineteenth-century England). Today, it continues to be an integral part of cultures all over the world, including for medicinal reasons. (Nothing says "Begone, stuffy nose!" like a cup of ginger tea with honey before bed if you have a cold.) One need only look at the myriad of health benefits tea can bring you to understand why.

## PINKIES UP

In 2019 alone, Americans consumed over 3.8 billion gallons of tea, making it the most popular drink behind water. The nutrients in your daily cup of tea depend largely on the type, as different kinds of tea offer different remedies.

### *Camellia sinensis*:

Those brewed from the *Camellia sinensis* plant include black tea, oolong tea, and green tea. Each contains various amounts of caffeine. Compared to an eight-ounce cup of coffee, which contains about ninety-five milligrams of caffeine, an eight-ounce cup of black tea has around forty-eight milligrams of caffeine, whereas there are about thirty-eight milligrams in oolong tea, and around twenty-nine milligrams in green tea. While you may associate caffeine with getting the jitters, these lower levels can help maintain healthy brain functions, like memory and reaction time.





### **Herbal:**

While these four types of tea offer up their fair share of rewards, herbal kinds—those made from dried roots, flowers, and fruits—can also help your well-being. (Just be sure to read the ingredient list to ensure you don't accidentally trigger an allergic reaction.)

### **CHAMOMILE**

If you've ever struggled to get a good night's rest, chances are you may have tried a cup of chamomile tea before bed, and with good reason. This herbal tea can help those suffering from insomnia, eliciting an overall calming effect.

### **GINGER**

Are you feeling nauseous? Spicy ginger tea is a helpful remedy, regardless of the cause. The drink can also help combat inflammation issues, as well as various types of pain, whether in the abdomen or discomfort caused by headaches.

### **HIBISCUS**

This tart, pink herbal tea is ideal for those with high blood pressure, as it may help reduce blood pressure levels. It's also packed with antioxidants, which may help repair cell damage over time. The cranberry-like taste of hibiscus tea is also a great alternative to a sugary treat after dinner.

### **SAGE**

You may not hear about sage tea as often, but it's high time to introduce this herbal variety into your life (most notably, your mornings). Sage tea may help improve cognitive capabilities, which includes giving your mood and memory a boost.

Other healthy herbal teas include peppermint, echinacea, rooibos, and rose hip, all containing a unique blend of flavors and beneficial properties that could have a positive impact on your well-being.

### **BLACK**

Black tea is the variety that is most similar to coffee in that it contains the most amount of caffeine out of all the teas. Varieties of black tea include English breakfast, Earl Grey, and chai. Other examples include Darjeeling, Kenyan, and Assam. Whether drunk hot or cold, with milk or with lemon, black tea is thought to contain the most amount of tannins, which can help with gastrointestinal issues.

### **OOLONG**

A partially oxidized tea, this variety boasts a solid number of beneficial properties. This is largely due to

it containing polyphenols as well as the amino acid theanine, which is what makes you feel calm after drinking a cup of oolong.

### **GREEN**

This type of tea soars above many beverages when it comes to health benefits. A natural fat burner, green tea has been shown to boost metabolism (depending on the individual). It can also help slow the aging of your brain, while its powerful antioxidant properties may help ward off different kinds of cancer.





## IN HOT WATER

If you're trying to drink more tea to reap its healthy benefits, it's best to steer clear of teas not found in their purest forms, like heavily advertised detox teas, lattes, and bubble teas. If you do enjoy a chai latte every now and then, be careful not to overdo it, as it contains many added sugars. Similarly, bubble teas are also packed with unnecessary calories. Detox teas, on the other hand, can do even more harm. Many have significant amounts of caffeine and laxatives, which, in the short term, could aid in weight loss, but not in a healthy way, and could also cause dehydration. Because detox teas aren't regulated by the FDA, it's

best to avoid them and to stick to a nutritious diet and a regular exercise regimen to maintain a healthy lifestyle instead.

## STEEPED TO PERFECTION

Arthur Dent, the protagonist in Douglas Adams's *The Hitchhiker's Guide to the Galaxy*, said, "A cup of tea would restore my normality." Many people can attest to Dent's words about this popular beverage. Tea has become a part of people's everyday lives, whether in the morning, late afternoon, or before bedtime. With healthy properties, aromatic flavors, and a rich history to make you appreciate what you're sipping that much more, it's about time to go enjoy a cup for yourself and soak it all up.

*If you're pregnant or have a medical condition, be sure to consult your doctor before consuming new teas.*

*For more info, visit [nccih.nih.gov/health/tea](https://nccih.nih.gov/health/tea)*



**Nothing says  
"Begone, stuffy nose!"**  
*like a cup of ginger tea with honey before  
bed if you have a cold.*





# go with your gut

health

written by:  
matthew brady

Autumn is amazing for many reasons, but mostly because it's a comfortable time of year—and nothing adds comfort to our lives quite like food. So the season is also associated with eating, with ever-present Halloween goodies followed by Thanksgiving, which then ushers in the holiday season and even more festive fare.

For many Americans, however, this time of year can be hard to digest. That's because almost one in four Americans—an estimated sixty to seventy million—suffers from gastrointestinal (or GI) conditions. It gets worse as you age, too: approximately one-third of people sixty-five and older have such conditions.

There is a light at the end of the tunnel, however. In many respects, we can determine how our digestion affects us, simply by the choices we make.

## **Establish *Healthy Habits***

Habits are usually learned at a young age, and a lot have to do with food: don't eat with your fingers. Don't talk with your mouth full. Finish everything on your plate. One habit in particular, though, can aid your digestion: chewing your food slowly. Simply put, methodical eating allows your food to travel through the digestive system smoothly, as it's meant to. Besides, there's a reason for the term "inhaling your food"—when you rapidly shove food into your mouth, you're also forcing in air, which often leads to digestive discomfort.

You were probably also told to leave time for your food to digest before running around or you'd get cramps. While there's truth to this adage (it's a good idea to leave up to a few hours between eating and exercising



depending on what and how much you ate), getting exercise can actually be helpful for your digestive system—if done properly. Among the benefits are increased blood flow to your digestive tract, which strengthens it and pumps up your digestive enzymes for overall better gut health. In fact, research has shown that moderate exercise can make a noticeable difference to people with conditions like irritable bowel syndrome, and it may even lessen the risk for colon cancer.

Keep in mind, however, that, much like with food, too much of a good thing can be a bad thing. Strenuous exercise can actually exacerbate digestive issues (even in well-honed athletes), so try consistent light to moderate exercise, and make sure to ask your doctor about it beforehand. Similarly, too much of a *bad* thing can also wreak havoc on your digestive system. Smoking, for instance, can severely worsen most digestive issues and is linked to a host of GI cancers.

## Eat, Drink, and Be Wary

It's been said that you are what you eat, and this is especially true for your gastrointestinal health—the primary way you can improve your digestion is to be smart about what you consume. Here's what the experts have to say about strengthening your system through proper sustenance.

### OFF THE MENU:

Let's start with foods that tend to be bad news for your gut health, starting with the usual suspects. Greasy foods and processed foods are harmful in a litany of ways, thanks to largely being the most difficult options to digest. (For example, the latter can contain artificial preservatives and sweeteners.)

Certain foods and drinks otherwise considered to be healthy can cause digestive repercussions as well. Some diet staples, including broccoli, beans, and corn, have components that are naturally difficult for the human digestive system to process. And if you like a little zing to your food, be careful: citrus fruits and chili peppers can irritate your stomach lining. Minimize

such foods, and there's a good chance you'll notice the difference in how you feel.

Speaking of acidic, everyone's favorite morning drink, coffee, is naturally acidic as well—plus, it can cause dehydration, diarrhea, heartburn, and indigestion, thanks to its caffeine content. (Sorry, chocolate: that goes for you, too.) Also be mindful of your alcohol intake: these drinks tend to irritate the digestive tract. And, of course, avoid soda, which, outside of a pick-me-up, isn't very good for your body.



## There's a reason for the term “inhaling your food” —

*when you rapidly shove food into your mouth, you're also forcing in air, which often leads to digestive discomfort.*









—  
*beauty*  
—

# THE FUTURE OF *Clean Beauty*

written by: alexa bricker

Over the past decade or so, people have shown an increased interest in healthier products—from the foods we eat to the cleaning supplies we use in our homes. This movement has spawned numerous eco-friendly cleaning brands, encouraged more people to shop local, and even kick-started an entire industry around household products made from sustainable materials (such as bamboo toothbrushes and metal straws).

While this movement has been extremely positive for our—and the planet’s—well-being, there is still one industry in particular that has proven more difficult to infiltrate: personal care and beauty.

In the 1960s and 1970s, people became more aware of the methods used to test the safety of personal care and beauty products—primarily via animal research. This spawned an outcry for the cosmetics industry to make significant changes to testing methods and even resulted in the passing of the Laboratory Animal Welfare Act in 1966. The act has been amended multiple times to be more comprehensive and is now known as the Animal Welfare Act.

The industry moved toward protecting the safety of animals, but what about our own safety? It seems to have taken much longer for this concern to enter the mainstream. However, take a look at store shelves and you’ll notice a change is slowly occurring.

## **What Actually Is Clean Beauty?**

Unlike pharmaceuticals, the products and ingredients in cosmetics (with the exception of color additives) are not regulated by the FDA. The FDA does require that products be unadulterated and properly labeled; however, aside from a few restrictions companies are allowed to use virtually any ingredients. Therefore, it can be hard to define what “clean beauty” is and for consumers to identify the cleanest, safest products. If you’re a newcomer to the idea and are looking to make a change, there are a few things to keep in mind.

### **A LAUNDRY LIST OF INGREDIENTS**

Similar to packaged foods, the fewer ingredients in clean beauty products, the better. Be wary of products that include ingredients that are impossibly long or those you can’t pronounce (e.g., propylene glycol, phthalates, and sodium laureth sulfate).





### NATURAL DOESN'T MEAN CLEAN

The word *natural* is used a lot across many industries to imply that a product is better for you than others. However, there are plenty of chemicals and additives that are technically “natural” but are not necessarily good for you.

### BE WARY OF OVERUSING ESSENTIAL OILS

The term essential oils has been thrown around in the health world a lot, and while they can offer a lot of health benefits, some products have a highly concentrated amount of essential oils, meaning a little goes a long way. If a product contains essential oils, be sure to test on a small patch of skin first to make sure it won't irritate you.

## The Ingredients to Look for

Although it's easy to assume a product is clean if it's advertised as such, it has become the responsibility of the consumer to do his or her own research to



guarantee it. In addition to knowing what to avoid, it's equally important to know what types of beneficial ingredients make up the cleaner beauty products on the market. According to Odacité—a California-based wellness company—there are twelve specific ingredients to **be wary of**:

- Aluminum
- DEA (Diethanolamine), MEA (Monoethanolamine), and TEA (Triethanolamine)
- DMDM Hydantoin & Urea
- Mineral Oil
- Parabens
- PEG (Polyethylene Glycol)
- Phthalates
- Propylene Glycol and Butylene Glycol
- Siloxanes
- Sodium Lauryl Sulfate & Sodium Laureth Sulfate
- Synthetic Fragrances
- Triclosan



While all these ingredients can be harmful for different reasons, the main problem is the way that many of them interfere with your body's natural processes. Phthalates and triclosan, for example, are known endocrine disruptors, meaning they affect your body's natural hormone function.

*So what types of ingredients are actually OK?*

First things first. It's a good idea to look at the transparency on the packaging of your personal care and beauty products and to pay attention to any

certification seals and special labeling. Although the ingredients list and labeling are not the be-all and end-all of trustworthiness, they are good places to start when determining whether or not to support a specific brand. One of the best markers to look for is the USDA Organic seal—meaning the product contains at least 95 percent organic ingredients. You can also look to see if the product is verified by the Environmental Working Group, a resource that helps consumers make sure they're using products that are safe for themselves and the environment.



## Making Clean Beauty More Accessible

The decision to support a specific brand is ultimately up to you, but there are a number of excellent resources, both in stores and online, to help guide you in your search for the cleanest personal care and beauty products. In addition to offering its seal of approval on products, the EWG provides an online database of products it has deemed safe, as well as those with hazardous or potentially hazardous ingredients, separated into easily searchable categories such as Skin Care, Sun Care, Hair Care, and Fragrance. The database currently includes over 1,500 products, with new ones being added every day. Many popular stores like Sephora, and even large retailers like Walmart and Target, are now including special sections of their stores (and websites) specifically stocked with clean beauty products to make finding safe options even easier.

*There are brands out there now offering clean versions of everything from mouthwash and shaving cream to mascara and baby wipes—which is a huge*

*step forward for consumers. Although there is still progress to be made, there are more companies forming all the time with a mission to be more visible and dedicated to the health and wellness of their customers. When companies are transparent about the ingredients in their products, it helps us all feel a little more comfortable about what we are putting on and into our bodies, and it sets a precedent for a cleaner, greener future.*

*For more info, visit [ewg.org](http://ewg.org)*





# The *Goodness* Within

written by:  
*alexa bricker*

When our thoughts turn to autumnal produce, many of us think of hearty apples and pumpkins, but there's another seasonal fruit with a lot of untapped potential.

The pomegranate—that large berry with an intimidating outer shell—can be difficult to open, but when you do, you're in for a whole host of delicious benefits!

The inclusion of useful tips is one of the top reasons 58 percent of recipients have referred the professional who sent them the magazine in the past 12 months.

## THE RED FRUIT FULL OF BENEFITS

- Each pomegranate seed is surrounded by a juice sac known as the aril. Arils are packed with nutrients, including fiber and vitamins.
- The high level of antioxidants in pomegranate juice can help reduce levels of cholesterol in the body.
- The anti-inflammatory properties and high-fiber content in pomegranates can help with digestion and gastrointestinal diseases.
- High levels of vitamin C and K offer immunity-boosting and antibacterial benefits to protect your body from infection.

## GETTING INSIDE

If you're intimidated by the thought of cutting into and deseeding a pomegranate, there is actually a relatively simple solution. Once you master it, you'll be a pomegranate pro in no time.

1. Cut off the top of the pomegranate, and make four slits down the sides. (Don't cut all the way through the skin, just enough to break it open.)
2. Use your hands to gently break the pomegranate open—it should separate into four parts.
3. Fill a bowl with water, and, with the pieces submerged, gently break the arils away from the skin. (They'll sink to the bottom.)
4. Strain the arils away from the water and the rest of the pomegranate, and enjoy!

For more info, visit [pomegranates.org](http://pomegranates.org)

recommendations & referrals

are the core of my business and always greatly appreciated.

*Thank you for your continued support!*



**Stacey Shanner**

The Shanner Group  
1100 First Avenue Suite 200  
King of Prussia, PA 19406  
info@remindermedia.com

**(866) 458-4226**



## Front of Tear Out Card 2

### pumpkin seed CASHEW BITES

- 2 c. raw unsalted cashews, 1 cup roughly chopped and the rest left whole
- 1 c. raw pepitas (pumpkin seeds)
- 1 c. raw unsalted almonds, roughly chopped
- 1½ tsp. kosher salt
- ½ c. organic barley malt syrup
- 1 c. puffed rice cereal
- Nonstick cooking spray



**Stacey Shanner**

**Direct:** (866) 458-4226  
**Office:** (610) 878-5000  
**E-mail:** info@remindermedia.com  
**www.remindermedia.com**

**The Shanners**  
1100 First Avenue  
Suite 200  
King Of Prussia, PA 19406



## Back of Tear Out Card 2

1. Preheat the oven to 350°F. Line a 9 × 9-inch pan with parchment paper.
2. In a medium bowl, combine the cashews, pepitas, almonds, salt, barley syrup, and cereal. Thoroughly stir to ensure the syrup evenly coats everything.
3. Pour into the prepared pan. Lightly spray the outer bottom of a measuring cup with nonstick cooking spray. Using the measuring cup, press the mixture tightly into the pan and flatten the top.
4. Bake until aromatic and golden brown, and the edges appear set, 15 to 20 minutes. Remove from the oven and let cool for at least 30 minutes.
5. When cool, run a paring knife around the edges of the pan. Place a cutting board on top of the pan and flip the pan over to release the nut mixture, then remove the parchment paper. Cut into 36 pieces: First cut six columns about 1½ inches wide, then cut each column into six squares, every ½ inch. Store in an airtight container, with parchment between each layer, for up to 10 days.

**VG** Vegan

**Per 2 bite serving:** Calories: 184 | Fat 12g | Carbs: 16g  
Protein: 5g | Fiber: 2g | Sugar: 8g

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**Stacey Shanner**  
The Shanner Group  
1100 First Avenue  
Suite 200  
King Of Prussia, PA 19406

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Direct: (866) 458-4226  
Email: [info@remindermedia.com](mailto:info@remindermedia.com)  
[www.remindermedia.com](http://www.remindermedia.com)



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