

Compliments of Stanford Mitchem

# *start* HEALTHY

ISSUE 23

## MAKE IT *Mediterranean*

*Fresh, Mediterranean-  
inspired fare* | PAGE 22



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# Front of Tear Out Card 1



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# Back of Tear Out Card 1



*Flower Power*

It's true that flowers add vivid beauty to our planet, but they do so much more for our overall well-being.

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Dear Bill and Judy,

Charlotte, NC native Stanford Mitchem first fell in love with the art of cooking as a young boy helping his grandmother out in the kitchen. When his family started to see him spending more time in the kitchen, they realized he might be destined for big things. While having no formal culinary education, Stanford studied under famed Chef Adrian Williamson, and was thrilled to jump straight into his career path when the two decided to open and co-own Chef Adrian's Real Smokehouse BBQ in Myrtle Beach, SC. Stanford later returned home to North Carolina and began shadowing personal chefs who curated dining plans and schedules for special dietary needs and preferences, before eventually starting his own endeavor Cooking With Stanford, a plate of one - dinner for two. The show is dedicated and is geared toward men with the angle of helping men bring romance back into the relationship with simple, elegant and tasty meals.



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written by: *rachel stevens*

# 5 Uses for COFFEE GROUNDS AROUND THE HOME

*Before you toss out those coffee grounds after your morning brew, repurpose them with one of these ideas.*

## Compost

Along with your other green compost materials like food scraps and grass, coffee grounds can be added to your compost pile. Coffee grounds can also be used as fertilizer in your garden, and, since they have a neutral pH level, you don't have to worry too much about their acidity affecting your plants. However, if you use fresh coffee grounds, the acidity levels are slightly higher, and plants like azaleas and blueberries will soak up that acidity.

## Exfoliate

Are you tired of overspending on exfoliators? Make your own using a ¼ cup of patted-dry coffee grounds and a few tablespoons of olive or coconut oil. Apply as you normally would in your shower routine for smooth and moisturized skin.

## Deodorize

It shouldn't come as a surprise that you can use coffee grounds to neutralize odors throughout your home. Have you ever noticed how perfume

counters have dishes of coffee beans on them? You can mimic this by running your used grounds through the garbage disposal, thus filling your home with the aroma of coffee and reducing unwanted odors from food, pets, or other unpleasant smells.

## Clean

If you have an especially dirty pot or pan, a couple of teaspoons of coffee grounds will do wonders to help lift stubborn grease and grime. This is even more useful when you don't have a steel-wool pad on hand. Simply take a pinch of coffee grounds, and rub it on the dirty area until you see the mess start to break up, adding more grounds as needed. Rinse thoroughly, and then wash as usual.

## Craft

If you've ever spilled coffee on your shirt, you know it can leave a hard-to-remove stain. You can harness the power of coffee's natural dyeing properties by creating home decor projects with your used grounds. For example, you can dye a linen table runner by soaking it in hot water and grounds for a few minutes; the longer you leave the linen in, the darker the finished product will be. Be sure to wash your table runner in cool water after dyeing to set the dye and remove any impurities before using it.

**start**HEALTHY



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# *home design for a* **HEALTHY MIND**

written by: *rachel stevens*

**J**ust as every person is unique, every home is too. Your home functions both as your physical shelter and an escape for your mind, and emerging mind-body research shows that the relationship between your environment and your health is strong.

Read on to find out why your environment influences your mental and physical health and the ways you can improve your space considering this knowledge.

## FURNITURE

### The psychology

It's normal to want to rearrange and change your furniture. As you grow, your space should change with you. Furniture placement and the shapes of the pieces themselves can help or hurt your room's functionality, and, by extension, your stress levels. You can feel your most productive when your furniture works for you rather than against you. For example, expert feng



placements you wouldn't normally consider, such as your bed against a new wall across the room. Additionally, try simple rearranging, such as moving a floor lamp to a different corner of the room.

## LIGHTING

### The psychology

It's no secret that lighting can affect your mood. Your body responds differently depending on the type of

shui consultant Rodika Tchi advocates that feng shui is the most beneficial type of furniture arrangement for your health: "What feng shui decorating means is that you create an environment that has the best energy to support the specific activity, or activities, intended for that space." Additionally, furniture with a variety of rounded and straight lines is thought to create a pleasing balance for your brain.

### Tip: Rearrange

To achieve the best furniture functionality, go for light, easily movable furniture. Play with different arrangements to feel out what functions best for you and can be adapted for various purposes. Try

lighting, such as natural or artificial light. Most people's best memories are from places like the beach, so it's easy to feel better when in natural sunlight. Studies show that natural light is not only mood boosting but also used by your body's internal clock. And when your internal clock is ticking optimally, you're bound to feel more energized, alert, and satisfied.

### Tip: Play with color temperature

Bring in natural light wherever possible, and opt for sheer curtains rather than blackout ones. Open your blinds during the day, and sit near your windows to work. Uniform, natural light is best for working and inspiring creativity. Wherever you don't have natural





light in the evening, choose warmer tones of light, like yellow, red, orange, or a warm purple, to aid in relieving symptoms of stress and depression.

To achieve this, consider purchasing adhesive wall lights or smart bulbs that change colors.

## PAINT COLORS

### *The psychology*

Your color choices can also impact bodily functions like your metabolism, so choosing different shades for different areas can promote your healthiest self. When purchasing new furniture or paint, your current mood will likely influence your choice—this is called projecting in psychology. But you don't want to project the wrong feelings onto your space for months and years into the future.

### *Tip: Create a color palette for every room*

Each area of your home should have a color palette that is in tune with the activities you do in that space. For example, use green in an office to help promote creativity. In a dining room, consider red to help promote digestion and metabolism. Here are a few other color suggestions for each room:

- Orange/yellow: Evoke optimism and may stimulate the lungs and the thyroid gland. Best place: the kitchen.
- Blue: Calming and pain-relieving. Best place: a bathroom.
- Purple: Inspires creativity and stimulates problem-solving. Best place: a child's bedroom.
- Neutrals: Feel cozy and encourage abstract thinking. Best place: an office.

## DECOR

### *The psychology*

Everyone has a style preference. You may not consider yourself an interior designer, but you've likely chosen to incorporate decor somewhere into your home. The decor may seem purely cosmetic and not as necessary as furniture, but it is still key to a healthy design. Touches like photos of loved ones and art of beautiful landscapes can help you feel comfortable and surrounded by positivity. Generic decor, like vases, ties a room together and can be equally as important to include for a visually and mentally satisfying aesthetic.

### *Tip: Bring in the outdoors*

Natural elements like plants, a small fountain, or an aquarium can promote peace and are helpful in places like an office, where you might encounter a stressful situation. Visual elements of plants and sounds of water work in harmony to keep you relaxed. Consider placing a few low-maintenance plants, like succulents and ferns, near or on your desk and windowsills.

*The mind is complex and beautiful, and, for reasons still being researched, the design of your home's environment can be impactful both psychologically and physiologically.*





written by: *matthew brady*

# THE PARADOX

Protein has long been known as a key building block for our bodies, but the extent of its importance is likely underrepresented. Protein helps our skin, bones, cartilage, muscles, and even blood. It aids enzyme and hormone production, provides calories for energy, and repairs tissues. Every cell in our bodies was created and stays intact because of protein.

In short, protein is a macronutrient, meaning it's impossible to grow or stay healthy without it. And the consequences of getting inadequate protein are many. Some well-known results, especially as you age, are muscle loss and brittle bones. Your hair, nails, and skin could weaken, and your immunity could suffer.

All that said, you should take in as much protein as possible, right? Well, not so fast. Getting too much protein can be just as bad for your health, especially if you do so long term. Excess protein can result in greater thirst, kidney stones, and weight gain, among other health ailments. Research indicates that it could even shorten your life span.



So knowing how much protein to eat, and what kinds you should eat, is vitally important for your overall health.

## How much protein to eat

How do you ensure you're consuming enough protein—but not too much? A few things can help determine your answer, such as your weight, gender, age, and activity level. For example, men generally need more protein every day than women, but that's not true for women who are pregnant. If you're a bodybuilder or a marathoner, you'll need more protein than someone with a more sedentary lifestyle. Also, as explained earlier, elderly people usually need more protein to account for things like the loss of muscle mass.

*The Dietary Guidelines for Americans* recommends 46 grams of daily protein for women and 56 grams for men. However, that number skyrockets to 71 grams for women who are pregnant or lactating. If you want to be more exact to account for variations such as those discussed earlier, try to get around 7 grams of protein for every 20 pounds of body weight. So, for example, a 160-pound person should aim for around 56 grams of quality protein each day.

## What kinds of protein to eat

If you blinked, you may have missed the word "quality" in the previous sentence, but it's important to not gloss over that. Because almost all experts agree that the types of protein you consume matter as much as the amount—and that it's important to vary your proteins to get well-balanced nutrition.

### Meat proteins

The majority of Americans still get their protein from

meat, such as beef, poultry, and fish. And each provides unique added health benefits like iron in red meat and omega-3 fatty acids in seafood, for example.

However, in recent years, the differences between these sources have been magnified, and for good reason. Red meat is an excellent source of protein and other nutrients, but the more you eat, the higher your risk of serious health conditions, most notably heart disease and cancer. So both the government and medical experts suggest limiting your intake of both red meats and processed meats and instead consuming primarily white meats, which are leaner. To put this in perspective, beef and skinless turkey both give you plenty of protein (20+ grams), but the former will likely have quite a bit more calories, fat, saturated fat, and cholesterol.

### Meatless protein sources

With more and more people opting for a vegetarian or vegan lifestyle, a fair question would be "Can they get enough protein?" The answer is yes, with a caveat or two. Some good dairy options are milk, eggs, and cheese, while plant-based foods like beans, peas, nuts, seeds, lentils, and soy products, such as tofu and tempeh, also provide plenty of protein for this lifestyle choice, as the numbers back up. For example, if you're a 140-pound woman and enjoy a meal that includes a half cup of tofu (10 grams of protein) and a serving of nuts (14 grams), you've already gotten in about half of your protein for the day. If you decide to go 100 percent vegan,





however, make sure to vary your protein choices to get well-balanced nutrition because, for example, excess soy can be bad for you.

#### **Protein supplements**

The protein supplement market has grown in leaps and bounds in the twenty-first century and is now a \$19 billion behemoth. But protein-packed powders, shakes, and bars should mostly be limited to athletes and bodybuilders, who would reap the most benefits (although older adults can also benefit from protein supplements). For the rest of us, the risks outweigh the rewards. Unless you have an on-the-run lifestyle that you supplement with an occasional protein bar, you can easily get adequate protein through the foods you eat every day.

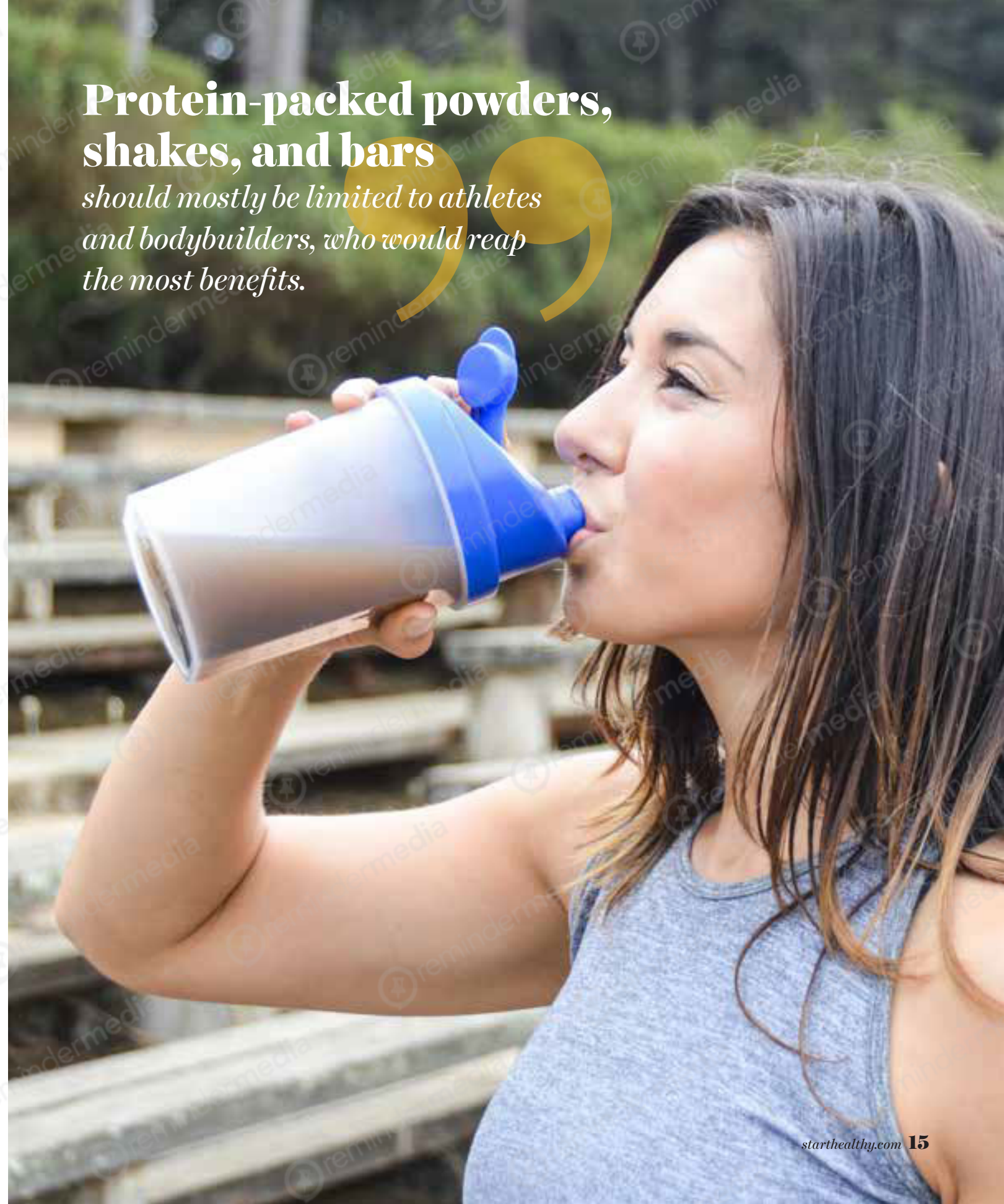
The impact that protein has on our health is undeniable. But, as with most things in life, too much of a good thing can be a detriment to our well-being. If you want to ensure that you get just the right amount of protein every day, pay attention to nutrition labels, follow USDA guidelines, and load up on natural, good-for-you options. Your health will reap the rewards.

*Be sure to ask your doctor about your protein intake and whether it needs to be adjusted.*

*For more info, visit [myplate.gov/eat-healthy/protein-foods](https://myplate.gov/eat-healthy/protein-foods)*

## **Protein-packed powders, shakes, and bars**

*should mostly be limited to athletes and bodybuilders, who would reap the most benefits.*





fitness

# fitness for YOUR FUTURE

written by: alexa bricker

When it comes to health and wellness, many people are stuck in the short term. There are so many fad diets, exercise crazes, and quick-fix supplements out there that it can be difficult to cut through the noise and create a sustainable, healthy lifestyle that caters to your needs and goals. But it is possible.

The most important thing to remember when it comes to your wellness routine is that, for it to last, it needs to be personal. Everybody is different, and the way you choose to move your body and fuel it should reflect that. The fitness tips that follow are perfect for maintaining a lifelong wellness routine you can—and will want to—stick to.



## Building Blocks of Fitness

Rome wasn't built in a day. Likewise, improving your physical fitness takes time and effort, and any exercise program that promises quick results is unlikely to be either safe or maintainable. Instead, think about how you prefer to move your body and the activities you already enjoy, such as going for long strolls with friends or singing and dancing. When you make being active a natural part of your lifestyle, you'll be more likely to stay active throughout your life.

If you're new to exercise, the key is starting in small increments instead of jumping right into an intense workout program. Slowly begin adding exercise into your routine with a thirty-minute walk three to four days per week or a daily morning yoga session. Once that becomes routine, you can start to add supplementary

workouts into your schedule until you reach a level you are comfortable with and can sustain. Here are a few ideas for activities you can practice at any age or ability.

### Walking/Hiking

Walking and hiking, whether on a trail or around your neighborhood, is a great low-impact form of exercise recommended for people of all ages. Just one thirty-minute walk each day can help you reach the CDC's recommended amount of daily physical activity. And, while walking outdoors has numerous mental and physical benefits, walking can also be done inside on a treadmill or even up and down the stairs in your home.

### Cycling

Cycling classes have skyrocketed in popularity for





a reason—bike riding is one of the most fun and freeing ways to work up a good sweat. It's also easy on your joints, making it the perfect activity to practice throughout your life.

#### **Swimming**

If you have access to a pool, swimming is an ideal exercise for raising your heart rate without putting a large amount of strain on your body. The gentle movement of your arms and legs can also help improve your muscle strength and range of motion, which can make it easier for you to complete other daily activities.

#### **Dancing**

Many people enjoy dancing as a form of entertainment. However, it's actually an incredible way to stay active and burn calories without feeling like you're working out. There are even entire fitness

classes dedicated to dance as exercise, including Zumba and virtual dance classes on websites like YouTube.

#### **Functional strength training**

Strength is at the core of all exercise, and if you build on your muscle tone through functional strength training, you'll find that it is a lot easier to enjoy physical activity even as you age. The best strength-training exercises include movements that mimic those you practice in everyday life and that build on core, back, and leg muscles.

### **Avoiding Workout Burnout**

If your chosen fitness routine ever becomes unenjoyable or fatiguing, it's time for a change. The foundation of sustainable exercise is that it's a joyful activity. As soon as working out becomes a burden, you'll be more likely to lose sight of your goals. But how can you make sure that working out stays fun?

#### **Remember your "why"**

It sounds like a cliché, but having a mission and purpose for staying active can help you stay motivated. Do you want to be able to keep up with your children or grandchildren? Are you interested in starting a weekly walking club with your friends? No matter the reason, set intention for your workouts to see better results.

#### **Reward yourself**

Working out is supposed to be challenging, but if you don't take breaks and reward yourself when you hit your goals, you're guaranteed to struggle and lose focus. If you hit a personal goal, such as

a new record for miles walked or laps swum, treat yourself to something you enjoy! Hard work deserves a reward.

#### **Listen to your body**

Everybody needs rest and recovery from exercise. Too many back-to-back workouts can push your body to the breaking point and lead to injury or an inability to

perform at your best. If you're performing an exercise that is particularly challenging or different from anything you've done before, start slowly, remember good form, and be sure to stop if you feel any serious discomfort. The quickest way to put an end to your wellness routine is by pushing yourself too hard too fast.

Physical activity is essential for good health and longevity, but it doesn't have to feel like a drain on your time or be a miserable experience. If you have a clear reason for getting started and continuing on your fitness journey, move your body in ways that you enjoy, and take it slowly, you'll be on the path to a lifelong love of exercise.

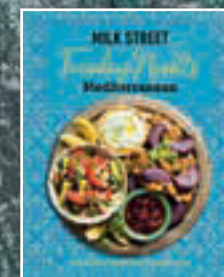
***Be sure to consult your physician before starting any new exercise program.***

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



recipes by: christopher kimball    photography by: connie miller, unless noted

# make it MEDITERRANEAN



Mediterranean cuisine is always made with good ingredients. Fruits, vegetables, and omega-3-rich seafood are often front and center, making it an inherently healthy style of eating. These recipes from Christopher Kimball's *Milk Street: Tuesday Nights Mediterranean* cookbook are prime examples of how accessible and palatable this type of food is.

Excerpted from *Milk Street: Tuesday Nights Mediterranean*. Copyright © 2021 by CPK Media, LLC. Photographs by Connie Miller. Used with permission of Voracious, an imprint of Little, Brown and Company. New York, NY. All rights reserved.

photo by: getty images

SERVES 4

# *mushroom, grape and* BLUE CHEESE TARTINES

## measure

- 10- to 12-ounce baguette, halved crosswise and split in half lengthwise
- 4 tablespoons extra-virgin olive oil, divided
- 1 medium garlic clove, peeled and halved
- 10 ounces cremini mushrooms, trimmed and thinly sliced
- 1 cup small seedless red grapes
- 1 tablespoon plus 2 teaspoons white balsamic vinegar, divided
- Kosher salt and ground black pepper
- 2 ounces cream blue cheese, crumbled (½ cup)
- 1 medium head endive

## make

1. Heat the broiler with a rack about 6 inches from the element. Pull out some of the interior crumb from each piece of baguette, slightly hollowing out the centers and creating boat shapes.
2. Place the bread cut side up on a rimmed baking sheet. Brush with 3 tablespoons of the oil, then rub with the cut sides of the garlic clove; discard the garlic.
3. In a medium bowl, toss together the mushrooms, grapes, the 1 tablespoon vinegar, the remaining 1 tablespoon oil and ½ teaspoon each salt and pepper. Divide the mixture evenly among the baguettes; reserve the bowl. Broil until the edges of the bread are toasted, the grapes begin to burst and the mushrooms begin to brown, about 4 minutes.
4. Meanwhile, trim the endive and thinly slice it on the diagonal. In the reserved bowl, toss the endive with the remaining 2 teaspoons vinegar; set aside.
5. Remove the baking sheet from the oven and sprinkle the tartines with the cheese, dividing it evenly. Continue to broil until the cheese is melted, about 1 minute. Remove from the oven, then top with the endive.





SERVES 4

## *shrimp and couscous with* TOMATOES AND TOASTED ALMONDS

### measure

- 5 tablespoons extra-virgin olive oil, divided
- ½ cup sliced almonds
- 1 medium yellow onion, chopped
- 4 medium garlic cloves, chopped
- ¼ teaspoon ground cinnamon
- 1 cup finely chopped fresh flat-leaf parsley leaves and stems, plus ¼ cup roughly chopped leaves (You'll need a full bunch to obtain the 1 cup finely chopped stems and leaves that's sautéed with the aromatics and the ¼ cup roughly chopped leaves for garnish.)
- Kosher salt and ground black pepper
- 28-ounce can diced fire-roasted tomatoes
- ¾ cup couscous
- 1½ pounds extra-large (21/25 per pound) shrimp, peeled (tails removed) and deveined

### make

1. In a large pot over medium, heat 3 tablespoons of oil until shimmering. Add the almonds and cook, stirring, until golden, about 2 minutes. Using a slotted spoon, transfer to a small bowl; set aside.
2. To the oil remaining in the pot, add the onion, garlic, cinnamon, finely chopped parsley leaves and stems, 1½ teaspoons salt and 1 teaspoon pepper. Cook over medium, stirring often, until the onion has softened, about 6 minutes. Stir in the tomatoes with juices and 1½ cups water, then bring to a boil over medium-high. Stir in the couscous and shrimp. Return to a boil, then cover, remove from the heat and let stand until the couscous is tender and the shrimp are opaque throughout, about 10 minutes. Stir to combine and fluff the couscous, then taste and season with salt and pepper.
3. Transfer the couscous and shrimp to a serving dish. Sprinkle with the roughly chopped parsley and almonds, then drizzle with the remaining 2 tablespoons oil.



SERVES 4

# *sweet peppers and pork* WITH SAGE AND HONEY

## measure

- 1 pound boneless country-style pork spareribs, trimmed and cut into 1-inch chunks
- 1 medium red onion, halved and sliced ½ inch thick
- Kosher salt and ground black pepper
- 1 cup dry white wine
- 2 tablespoons extra-virgin olive oil, plus more to serve
- 2 tablespoons honey, plus more to serve
- 2 bell peppers (red, orange or yellow), stemmed, seeded and cut into ½-inch strips
- 1 tablespoon chopped fresh sage

## make

1. Season the pork with ½ teaspoon each salt and pepper. In a 12-inch skillet over medium-high, heat the oil until shimmering. Add the pork in an even layer and cook without stirring until lightly browned on the bottom, about 3 minutes. Using a slotted spoon, transfer to a medium bowl and set aside.
2. To the fat remaining in the skillet, add the bell peppers, onion, ½ teaspoon salt and 1 teaspoon pepper. Cook over medium-high, stirring occasionally, until slightly softened and browned, 2 to 4 minutes. Add the wine, honey and sage, scraping up any browned bits.
3. Return the pork to the skillet along with any accumulated juices, then bring to a simmer and cook, stirring, until the pork is no longer pink at the center and the sauce clings lightly, 5 to 7 minutes. Taste and season with salt and pepper. Serve drizzled with additional oil and honey.



# eat your vitamins

written by: alexa bricker

**A**s children, we are told to eat our fruits and vegetables because they are good for us, but there's often little explanation as to why they are good for us. A more accurate request would be to ask children to eat their vitamins.

Fruits and vegetables are an incredible source of vitamins that our bodies need to function properly. Yes, there are plenty of vitamin supplements on the market that can help with this. However, these products are just that: supplements. They are designed to supplement vitamin levels you might not be able to get from food. According to the Council for Responsible Nutrition (CRN), 77 percent of American adults report taking at least one dietary supplement a day. The CRN notes that, while supplements can help promote overall wellness when taken properly, they should not be used as a replacement for a well-balanced diet.



But if the vitamins we need are found naturally in food, why are so many people unable to get their recommended vitamin intake? Read on to learn just how important vitamins are for your body, the different types you need, and how you can boost your vitamin intake by improving your diet.

## HOW VITAMINS FUNCTION AND WHERE TO FIND THEM

Vitamins are naturally occurring compounds in foods that can be dissolved in the body in two different ways: in fat or water. Fat-soluble vitamins are, as the name suggests, stored in the body's fatty tissues, primarily in the liver. Water-soluble vitamins cannot be stored in the body; therefore, you need a more definite supply of these vitamins than fat-soluble ones.

Virtually every organ and vital process in your body depends on vitamins to function optimally.

Vitamin deficiency can cause a whole host of problems, including chronic disease, inflammation, and neurological conditions. While all vitamins are important, they are not all created equal. Deficiencies in specific types of vitamins can result in more detrimental health effects than others. Your body also needs higher levels of certain vitamins than it does others, so it's important to understand what each type is responsible for and how much you should have.

## FAT-SOLUBLE VITAMINS (and recommended daily intakes):

### Vitamin A (700–900 mcg)

Vitamin A is made up of retinoids and carotene compounds, including lycopene and beta carotene. It is responsible for eye and skin health, and it has antioxidant properties that can help prevent certain cancers.

### Vitamin D (15–20 mcg, but varies with age)

While vitamin D is essential for maintaining calcium levels and strengthening bones, we now know that dairy milk is not the only source of it, nor is it always the best option, depending on your ability to tolerate lactose.

### Vitamin E (15 mg)

Vitamin E is often used in skin care products because of its antioxidant properties, which can help prevent damage to and repair cells. It's also great at protecting vitamin A and other lipids from damage.

### Vitamin K (90–120 mcg)

The bacteria in your intestines produce a specific type of vitamin K that can often cover half of the daily recommended amount. However, since it is only half, it's still important to consume vitamin K from food; it helps activate protein and calcium that are essential for blood clotting.

## WATER-SOLUBLE VITAMINS (and recommended daily intakes):

### Vitamin B<sub>1</sub> (1.1–1.2 mg)

Thiamin, also known as vitamin B<sub>1</sub>, is present in most nutritious foods. It is essential for helping your body turn the food you consume into energy and can contribute to healthy brain, nerve, and muscle function.

### Vitamin B<sub>2</sub> (1.1–1.3 mg)

Similarly, B<sub>2</sub>, also known as riboflavin, helps your body turn food into energy and also plays a role in the health of skin, hair, and blood.

### Vitamin B<sub>3</sub> (14–16 mg)

Vitamin B<sub>3</sub>, niacin, is one of the only vitamins that can be produced in the body as well as consumed in food. Like other B vitamins, it is essential for processing food

# Vitamins are naturally occurring compounds in foods

*that can be dissolved in the body in two different ways: in fat or water.*

into energy the body can use and contributes to good brain and nervous system health.

### Vitamin B<sub>5</sub> (5 mg)

Pantothenic acid, B<sub>5</sub>, is a less commonly known B vitamin, but it's very important for creating fats that are needed for brain function, hormone function, and the production of hemoglobin.

### Vitamin B<sub>6</sub> (1.3–1.7 mg, but varies with age)

Vitamin B<sub>6</sub> is hard for many people to obtain from food alone. However, it is critical for maintaining a healthy sleep cycle and appetite. It can also aid in brain function and immunity.

### Vitamin B<sub>9</sub> (400 mcg)

It's crucial for babies to get enough vitamin B<sub>9</sub>, so doctors often recommend that pregnant women take a B<sub>9</sub> supplement to ensure proper brain and spinal development for their babies. In adults, it is important for the creation of new cells and can help reduce the risk of heart disease and certain cancers.



**Vitamin B<sub>12</sub>** (2.4 mcg)

Cobalamin is among the most popular vitamin supplements on the market. Because B<sub>12</sub> is mostly found in meat products, it can be difficult to get enough of it on a plant-based diet, but it's very important for the health of your cells—particularly nerve and red blood cells.

**Biotin** (30 mcg)

If you are trying to grow longer hair and nails, you may already be familiar with biotin. This vitamin helps break down fatty acids in the body, which helps promote strong bones and healthy skin and hair.

**Vitamin C** (75–90 mg)

Perhaps the most commonly known and sought-after vitamin, vitamin C helps with a wide variety of essential processes, including boosting immune system function and producing collagen. It also produces antioxidants that can fight against certain cancers.

**Choline** (425–550 mg)

The body produces minute amounts of choline but not enough to sustain proper levels without consuming it. Choline helps release a neurotransmitter that aids with proper brain function and metabolizing fats.

**HOW TO GET THE MOST VITAMINS FROM FOOD**

Fruits and vegetables are vitamin- and nutrient-dense, and they are easy for most people to process, making them one of the best options when it comes to getting your daily vitamin intake. There are specific fruits, veggies, and protein sources to consider if you're looking to boost your levels of particular vitamins.

**Vitamin A:** sweet potatoes, carrots, squash, spinach

**Vitamins B<sub>1</sub>-B<sub>6</sub>:** leafy greens, mushrooms, legumes, watermelon, meats, poultry, eggs

**Vitamin B<sub>9</sub>:** fortified cereals, legumes, spinach, asparagus

**Vitamin B<sub>12</sub>:** fortified cereals, meats, fish, cheese, eggs

**Biotin:** whole grains, egg yolks, soybeans, fish

**Vitamin C:** citrus fruits, broccoli, peppers, strawberries, tomatoes

**Choline:** milk, eggs, peanuts

**Vitamin D:** vegetable oils, leafy greens, whole grains, nuts

**Vitamin K:** cabbage, dark greens, eggs

Research suggests that up to 90 percent of adults do not get their recommended daily serving of fruits and veggies. Vitamin deficiency is a rampant problem, and it can contribute to increased rates of disease. The best way to ensure you are getting the recommended daily intake of vitamins is to follow the USDA's *Dietary Guidelines for Americans* by filling your plate with fruits and vegetables, lean protein sources, and whole-grain sources of carbohydrates.

*If you think you may be experiencing a vitamin deficiency, or before you begin any new dietary or supplement plan, make sure to consult your physician.*

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





written by: *matthew brady*

# Flower Power

**Lady Bird Johnson once famously said, “Where flowers bloom, so does hope.” There is certainly a lot of truth behind this statement, especially in light of how they are used for heartfelt gestures.**

People give flowers as a sign of love on Valentine’s Day, and they send arrangements to people at

work as a pick-me-up, to hospital patients as a get-well wish, and to mourners as a sign of condolence. In virtually every major step in life—a birth, a celebration, a wedding, a passing—flowers tend to be front and center, regardless of who you are or where you live in the world.

Perhaps unbeknownst to most of us, in addition to brightening someone’s day these pretty plants

also have a host of health benefits. So we put the “petal” to the metal to find out what exactly makes these perennial people-pleasers so appealing—and how they improve our overall well-being.

## ***A floral record***

Plant life has existed throughout human history, and it even outdates us. The oldest flower fossil is

thought to be over 130 million years old, although some experts believe that flowers go back around 250 million years. Some botanists say there are now upward of 400,000 different flower types in the world.

As far as humans’ horticultural history, we have used flowers for thousands of years, if not longer. The ancient civilizations of Egypt, Greece, Rome,



and China all arranged flowers in distinct ways, and they also used them for a variety of health and wellness purposes—something that we continue to do today.

## **Blooming better *health***

Simply put, flowers are a vital part of our well-being. But science can now explain the variety of ways they improve our health.

### ***Mental and emotional benefits***

We all know that receiving flowers will often make a person feel better, just by the fact that someone was thinking of them. But flowers also help our brain in other ways. For example, simply staring at a vase of blooms has been shown to reduce feelings of depression and anxiety, and flowers can foster relaxation and a happier mood. In addition, studies have shown that flowers and other plants can help with both focus and memory recall.

### ***Physical benefits***

Today, flowers are used in a variety of medicinal ways to help us feel better physically. Honeysuckle, roses, and magnolias, for example, are thought to help with cold symptoms, and flowers like chamomile and lavender are used in teas to promote a sense of calm.

But it goes beyond that. Those aforementioned flowers in a hospital room? They not only lift one's mood but also have been correlated with less need for pain medications. Some experts also believe that, because plants and flowers are constantly refreshing the air, they help us inhale cleaner air and breathe better overall.

## **Design based on *nature***

Perhaps not surprisingly with more people at home in recent years, one of the hottest trends in interior design welcomes nature indoors. This design approach, called





biophilic (which means a desire to interact with nature), aims to bring the aforementioned benefits to businesses and homes alike. Natural colors, shapes, and patterns are the focal point of biophilic design, and natural plants and light are emphasized.

Even though this mindset has been around since the mid-1980s, companies such as Adobe, Amazon, Carvana, Microsoft, and United Technologies have incorporated it into their office designs in recent years. Employees working in such environments report better well-being, more productivity, and less stress, and they tend to miss less time at work. Design firms themselves are incorporating it into their own spaces, and some specialize exclusively in it.

With more people working from home permanently, it's the perfect time to integrate biophilic decor into your home. Here are some ways to do so:

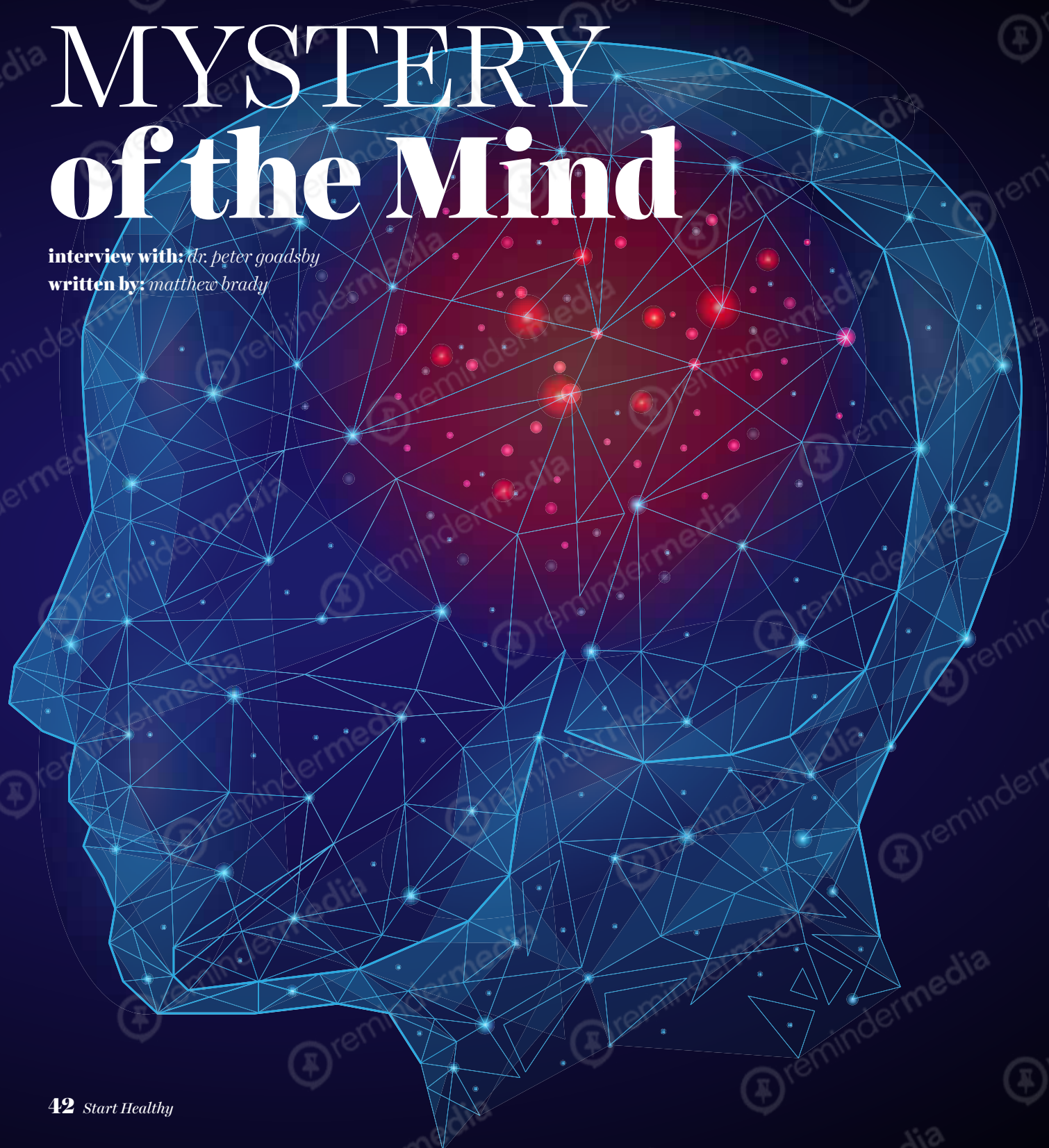


- Bring as much natural sunlight into your home as possible—it's good for you and all the greenery you'll add—and buy wood furniture (such as bamboo) for a more natural look and feel.
- Make use of corners, where you can place potted floor plants without having to worry about their height.
- A bedroom should be a calming oasis, so make it just that by hanging plants or placing small plants or flowers on bookshelves.
- Many flowers and plants thrive in humidity, so what better place to have them than in the bathroom? You can accentuate this with natural linens and bath mats.
- Add a small herb garden to your kitchen or dining room, and place it somewhere where it will get plenty of light. And, of course, the kitchen table is a great place for flowers.
- If you have a home office, it may be more set off from the rest of the house. Try to face your workspace toward a window so you can easily see outside, and add flowers or other greenery to give it an outdoors vibe.

*In a very real sense, flowers are one of the few natural cure-alls of our world. They add not only color but also hope to our lives. They help sustain the planet and our well-being. They inspire us and uplift us, and they remind us about all the good in the world.*

# A MEDICAL MYSTERY of the Mind

interview with: *dr. peter goadsby*  
written by: *matthew brady*



**I**f you knew that a health condition affected one in seven people worldwide, both children and adults, would you consider it to be serious? If you discovered that this same affliction is the third-most prevalent on earth and also one of the world's most disabling disorders, would you be concerned? If you knew that it usually strikes with little or no warning, would you feel for those who endure it?

These are just a few facts about migraine. This often-overlooked chronic condition (which, for clarity's sake, is spoken as singular, much like asthma) has been studied by physicians since ancient times, and yet true progress toward a solution has only happened in recent years.

Dr. Peter Goadsby, a professor of neurology at UCLA, discusses the causes, effects, and impact of migraine and shares why hope is on the horizon.

**Why do people get migraine? What can trigger them?** The underlying reason is genetics. That's what you bring to the party. Then you can excite the party—with alcohol, nitrates, various physiological changes, altering your sleeping or eating patterns, etc.—and trigger an attack. So I make the distinction between cause, because you can't get new genes, and things that are within your control.

**Who is affected by migraine?** The best data shows that about 6 percent of boys and girls under the age of twelve will get migraine. It starts to affect more people in their late teens and twenties in particular. The peak

prevalence is around age forty in the United States. Women get migraine three times as often as men, and they tend to go away as they reach menopause.

**How long has migraine been studied? How has research advanced in recent years?** Migraine is an old condition. You can find it in antiquities. In the 1660s, physician Thomas Willis left a nice description of the features you would associate with migraine.

The scientific study of the problem is relatively modern, however, dating back to around the 1950s. And, like most things in science, there have been big therapeutic breakthroughs. The first was triptans in the early 1990s, which were the first designer treatments for a migraine attack. Then, in the mid-1990s, genes were identified for a rare form of migraine called familial hemiplegic migraine, where, instead of having visual auras, people get weakness down one side of the body.





***How does science treat something it can't see or measure?***

This is an overall problem of what are considered primary headache disorders, where the head pain is part of the syndrome and not caused by something else. Migraine is particularly complex because of its nature, which is very frustrating for patients because quite often it's not the structure that's the problem but how the brain functions. Brain disorders often involve degeneration, such as lesions in the brain with MS and loss of nerve cells with Parkinson's disease. You can take an Alzheimer's brain or a Parkinson's brain and find pathology, whereas if you look at a brain with migraine, there's nothing like that—the brain just doesn't work properly, often resulting in profound short-term disability. With migraine, it's all about the history and discussing what the patient perceives and experiences.

***What else is challenging about migraine?***

One of the big problems is the unpredictable element of it. For example, if someone averages one attack a week but doesn't know which day it will happen, how severe it will be, or what treatments will work, and has plans tomorrow, that's problematic. Then, of course, you have the headache and other things associated with it like the aura.

***Would you elaborate on migraine auras?***

Between 20 and 30 percent of people, depending on age, will have an aura. Most of them, 95 percent, will have visual aura: a bright, jagged, angulated light that starts small in the periphery of the vision and then grows and often results in a scotoma, which makes things disappear in their vision. Thirty to sixty minutes later, it'll be gone and their headache will start. There's nothing else like it in neurology.

***Are there any myths associated with migraine?***

Some people believe it's necessary to have the aura to have migraine. That's wrong 80 percent of the time. Another belief is that migraine is somehow a result of stress and lifestyle and everything could be managed if you behaved better; essentially, that it's your fault. That's rubbish. You don't pick your parents, and you can't control the entirety of your environment.

***Is migraine a more frequent occurrence today, or is it just better understood?***

Migraine is much better recognized today. In the past, if you grew up in a family where Mum got headaches from time to time and just took a painkiller, when family members would get the same headache as her, they'd consider that a normal headache. Why would they ever question it? So one of the things that brings that out of the cupboard is social media, which allows you to discuss

your experience with others. That shared realization of having the same condition but experiencing it differently is where some significant recognition has happened.

***Has research funding lagged for migraine?***

If you look at NIH data, by impact and disability, migraine is the least-funded condition of everything in proportion to its impact on the community. They spend less than a dollar per migraine person each year, a ridiculously low amount of money.

Fortunately, the American Headache Society is now working with the NIH/NINDS, recognizing that we need to set goals and make progress on this. Because when people ask, "Why me?" or "What drug should I take?" I want to be able to give them an answer. So the opportunity now is to not just do research for the



*It's exciting to me that eventually there will be*  
**no real obstacle to these treatments**  
*getting used much more broadly.*

sake of understanding the problem but also to make it sensible and useful for anyone who gets migraine.

So, yes, it's been underfunded, but I don't winge about that. I look at the current situation and see the positive opportunity to really redress that in a way that's constructive for everybody.

***Have migraine treatments improved in recent years?***

Migraine treatments have changed dramatically. Even two years ago, we had no preventive designed to stop migraine attacks; we only had the choice of one migraine-specific acute treatment drug class, triptans. Now we've got three classes. The new medicines are called ditans, and the other is the small-molecule CGRP receptor antagonist called gepants. Combined with the various neuromodulation approaches—such as directly stimulating the nervous system—it's a whole different ball game today.

Up to now, the choice of preventives worked OK, but they were very side-effect prone. A huge difference with these CGRP drugs is they are incredibly better tolerated. Most patients benefit from the efficacy without paying a price; the majority are quite happy with them. So it's optimistic at all levels.

***What else gives you hope for future migraine treatment?*** What's exciting are oral small-molecule

gepant drugs, two of which are licensed in the US. Some data shows that giving rimegepant every second day and another one, atogepant, every day would have a preventive effect. And giving a tablet instead of an injection is going to be simpler for both patient and doctor, so the evolution of an oral medicine is incredibly important for broadening the impact of the drug.

Also, when the drug patents go away, generic-drug manufacturers can make these medicines for pennies. And if you can genericize them, you're not just developing first-world drugs—you start to develop all-world drugs. Because migraine doesn't know any barriers. The prevalence rates are more or less the same in India, China, and Brazil, for example, as they are in America.

It's exciting to me that eventually there will be no real obstacle to these treatments getting used much more broadly. Migraine affects a billion people, so even if you help only 10 percent, you're well on your way to kicking the goal. We're at a place in time with migraine that people can look back on and see as really transformative.

*For more info, visit*  
**[americanmigrainefoundation.org](http://americanmigrainefoundation.org)**  
*or* **[americanbrainfoundation.org](http://americanbrainfoundation.org)**



*Always follow recommended social-distancing guidelines.*



# PLANT-BASED

written by:  
rachel stevens

## skin care for all

Plants are powerful. As the most abundant life form on the planet, they're strong enough to shelter people, delicious and nutritious enough to eat, and healing enough to be used in medicine. So why not use plants in your skin care routine?

These are a few all-natural, plant-based skin care products to consider adding to your routine from ethical vegan companies you can support, made with ingredients you can pronounce.

### SMALL BUSINESS: Motherland Essentials

The owner of Motherland Essentials, Andrea Davis, started making handcrafted soaps for herself, family members, and friends before opening her company founded on healthy, affordable skin care. Davis says her ultimate goal is to "foster an appreciation of all things natural and provide an opportunity for you to fall in love with natural skin care as much as I have."

### Best soap: Oatmeal Honey Soap Bar

This sweet-smelling soap is soft and gentle, and it soothes skin irritations without harsh ingredients.

### WELL-KNOWN: Pai

Vegans and organic skin care veterans swear by Pai, a London-based company with its own patented and independently verified formulas. Its mission is to "do the right thing for you and your skin. By creating products that are so natural, ethical, and sustainable they have goodness built in."

### Best face oil: Light Fantastic Ceramide Face Oil

This "feather-light" oil calms, smooths, and strengthens stressed skin by targeting signs of visible irritation and tension. The ceramides help your skin build a long-term defense against future irritation.

### BUDGET-FRIENDLY: Acure

If you're in love with trying plant-based skin care but you're also on a budget, consider Acure. Its products are 100 percent vegan, and the company even uses recycled materials for most of its packaging. Acure's mission is to "deliver eco-friendly skin wellness through clean, clinical ingredients in better-for-you bases."

### Best cleanser: Ultra Hydrating Green Juice Cleanser

Imagine a healthy green smoothie for your face—that's exactly the power Acure's Ultra Hydrating Green Juice Cleanser harnesses.

## Cooking With Stanford A Plate of One Dinner For Two Date Night.

Charlotte, NC native Stanford Mitchem first fell in love with the art of cooking as a young boy helping his grandmother out in the kitchen. When his family started to see him spending more time in the kitchen, they realized he might be destined for big things. While having no formal culinary education, Stanford studied under famed Chef Adrian Williamson, and was thrilled to jump straight into his career path when the two decided to open and co-own Chef Adrian's Real Smokehouse BBQ in Myrtle Beach, SC. Stanford later returned home to North Carolina and began shadowing personal chefs who curated dining plans and schedules for special dietary needs and preferences, before eventually starting his own endeavor Cooking With Stanford, a plate of one - dinner for two. The show is dedicated and is geared toward men with the angle of helping men bring romance back into the relationship with simple, elegant and tasty meals.

In 2020, Stanford started his own personal chef business, which began as in-home chef as well as meal prep responsibilities. With the ability to freelance, he branched into consulting for personal caterers, with the ability to provide innovative insight for their menus, presentations, and business strategies. Stanford has traveled extensively to offer his culinary expertise.

Today, Stanford continues to offer his services near and wide. He takes pride in continuing to educate himself with new techniques, recipes, and approaches on a regular basis, and is always looking to get outside his comfort zone. As his career moves forward, Stanford looks forward to being able to provide teachings and trainings to share his wealth of knowledge with his community.




### Contact Stanford

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## Front of Tear Out Card 2

**berry almond CRISP**

1 lb. strawberries  
14 oz. red currants  
1½ lb. raspberries  
Generous 1 c. superfine sugar, divided  
2¾ c. all-purpose flour  
1 tsp. ground cinnamon  
2 sticks salted butter, diced and softened, plus more for greasing  
Generous 1 c. ground almonds



**Stanford Mitchem, Personal Chef**

**Cell:** (808) 278-7262  
**Instagram:** @Anderson01Mitch

**Cooking with Stanford**  
8101 Woodscape Drive, Suite A  
Charlotte, NC 28212

## Back of Tear Out Card 2

1. Preheat the oven to 400°F and grease two 9½-in. round porcelain baking dishes with melted butter. Wash and dry all the fruit, and then hull the strawberries and pull the red currants off their stalks.
2. Put the berries and currants in a large bowl, sprinkle with a scant ½ cup of the sugar, and stir to combine. Divide the fruit between the baking dishes, spreading it in a single layer.
3. In a separate large bowl, combine the flour, cinnamon, remaining sugar, diced butter, and ground almonds. Rub the ingredients lightly together with your fingertips until coarse crumbs form.
4. Scatter a layer of the crumb mixture over the fruit in the baking dishes and bake for 40 minutes, until the topping is golden and crisp. Serve warm.

Excerpted from *Enjoy: Recipes for Memorable Gatherings* by Perla Servan-Schreiber, Flammarion, 2020. Photography by Nathalie Carnet. Images may not be reproduced or transmitted digitally without written permission from the publisher.



**SERVES 12**

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