

Compliments of Rosamaria Marrujo

# *start* HEALTHY

ISSUE 31


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FREEDOM  
RING

ISSUE 31  
COVER PRICE \$6.99



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## Front of Tear Out Card 1



**Beat Your Cravings with These Healthy Substitutes**

Everyone gets those cravings they can't resist. But before you indulge in the standard junk foods, take a look at what those cravings actually mean, along with a few healthy snack alternatives.



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## Back of Tear Out Card 1

	<p><b>WHEN YOU CRAVE sweets...</b></p> <p>Your body may need chromium, carbon, phosphorus, or sulfur. Instead of bingeing on sweets, reach for chicken, beef, eggs, fish, or fresh fruit for a healthier alternative that will not only save your waistline but also your teeth.</p>		<p><b>WHEN YOU CRAVE carbs...</b></p> <p>Your body may need meat, fish, beans, or a healthy dose of omega-3 fatty acids, which you can get from nuts and seeds like walnuts or chia seeds. These can help keep you fuller longer and combat those carb cravings.</p>
	<p><b>WHEN YOU CRAVE coffee...</b></p> <p>Your body may need phosphate, sulfur, or iron. Stick to your diet by choosing nuts, legumes, garlic, black cherries, onions, or red peppers. While these suggestions may seem to contrast your craving, they'll give your body what it needs to keep humming along naturally.</p>		<p><b>WHEN YOU CRAVE chocolate...</b></p> <p>Your body may need magnesium. Reach for almonds, cashews, peanuts, chia or sunflower seeds, legumes like black beans, or fruits like bananas. If you do choose chocolate, make sure to select dark chocolate, which is rich in antioxidants and magnesium.</p>



# start HEALTHY

ISSUE 31

Dear valued Broker,

Here at Trusted American Insurance, we understand that customer retention is key for your business. With that in mind, we would like to present an exciting new opportunity for you to stay in front of your clients throughout the year.

We have partnered with Reminder Media and can now offer you an opportunity to have your very own magazine offering high-level, valuable, and timely content with a design that's customized to your brand. This 48-page magazine is filled with engaging articles on recipes, fitness, travel, mental wellness, and targeted health facts. What a great gift to offer your client's!

By advertising in your magazine, you can showcase yourself and your brand while reaching a wide audience. The benefit of having your own magazine allows you to establish expertise and credibility, build trust and rapport with clients, strengthen client-agent relationship, and generate referrals and new business opportunities.

I personally recommend and encourage you consider this exclusive opportunity to have your very own customized magazine. Contact us today and take advantage of this promotional discount through our FMO pricing. We are very excited to support you with this valuable opportunity to establish a lasting presence with your clients!

In just 5 minutes of your time, you can embark on a customer retention journey that not only fuels the continuous growth of your business but also empowers you to crush your business goals!

*Rosamaria Marrujo*



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issue  
31

Page 04

## *Ruffing It*

This pet-gear brand is creating a way for people and their dogs to enjoy the outdoors together safely and wholeheartedly.

# TABLE OF *contents*

## 02 *Hydration for You and Your Pet*

Tips to keep both you and your pet hydrated this summer.

## 10 *Organizing Your Health*

A guide to maintaining your family's most important health records.

## 16 *A Pacific Coast Highway Road Trip*

Learn about all the amazing sights you can see driving on the Pacific Coast Highway.

## 22 *Refreshed Fan Favorites*

These whole-foods-focused recipes are healthier takes on the classics.

## 30 *Maximize Your Physical Therapy*

Follow these tips to get the best results from your treatment.

## 36 *Canine Communication*

A look at various ways your pooch may be trying to send you a message.

## 42 *Why Do We Dream?*

Dreams can range from fantastical to fearful and from healthy to harmful. Here's why.

## 48 *Keeping Your Food Safe in Summer*

Here's how to help keep you and your family protected from foodborne illness this season.





written by: *allison gomes*

# HYDRATION FOR YOU AND *your pet*

*We all know the importance of staying hydrated, but sometimes regular water isn't enough to beat the summer heat. Luckily for you and your four-legged friend, there are different ways to make hydrating fun. Give one of these a try the next time you or your pet need to quench your thirst.*

by blending a banana, peanut butter, and water and then freezing the mixture in an ice-cube tray or Popsicle mold. Or you can blend up and freeze some seedless watermelon slices, which are safe for cats and dogs in small portions and on rare occasions. Make ice pops for you and your pet to enjoy side by side.

### MAKE THE WATER MORE EXCITING

People have numerous options for drinking water, including flavored and sparkling water, but your pet can't just pop open a can. Instead, you can infuse their water with juice from some pet-safe fruits—including strawberries, pineapples, and raspberries—that will add a bit of flavor and nutrition to their drink. You can also add some pet-safe broth, perhaps freezing it so they have a chilled bowl of flavored water to enjoy on a hot summer's day.

### MAKE STAYING HYDRATED FUN

The summer is a good time to get outside and engage in water activities to help cool off you and your pet. As a bonus, being active will make you both thirstier and you'll drink more water. So break out the water hose or buy an inflatable pool, and have some fun. And if your pet isn't a fan of water, try playing a game inside like bouncing a ball, which will get them up and moving around. Whatever you choose to do, be sure to have some water bottles and bowls nearby since you'll both need them.

### MAKE HYDRATION A TREAT

When you're looking for a refreshing treat, try reaching for ice pops. They're a tasty way for both you and your four-legged friend to stay hydrated. You can make a dog-friendly ice pop

*With these tips, you and your pet can stay hydrated while having fun in the summertime heat.*

## startHEALTHY



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# Ruffwear

**interview with:** *susan strible*

**written by:** *alexa bricker*

**photos courtesy of:** *ruffwear*



**O**utdoor enthusiasts don't always have a safe way to include their pets in the action. Susan Strible, marketing director for the dog-gear company Ruffwear, explains how the organization is changing the face of human-canine adventures.

***What is the origin story of Ruffwear?*** Our founder, Patrick Kruse, loved exploring the outdoors from childhood onward, and he always searched for a way to include his dogs. While mountain biking in California's Los Padres National Forest, Patrick watched his friend struggle to give her dog a drink using a plastic bag. Inspiration and need

converged, and days later he created a prototype collapsible bowl. This was the beginning of a new endeavor that is now Ruffwear.

***What did the pet-product landscape look like when Ruffwear was founded?*** Ruffwear put outdoor dog gear

on the map as an entirely new product category. Prior to this, there wasn't a company catering to active pet owners and their companions. Patrick decided to bring fifteen Ruffwear bowls to the 1994 Outdoor Retailer Show. The bowls were popular with many people, including an L.L.Bean buyer, who ordered 8,000 of them.





### *Who is the typical Ruffwear customer?*

The typical Ruffwear customer is anyone who loves to get outside and explore with their dog. But one group that we are particularly passionate about supporting is working dogs. Working dogs and their human partners have been a part of our heart and soul since we launched our first product. From mountain snowstorms to urban disaster zones, working dogs and handlers have put our gear through rigorous testing in every type of environment. Customers have provided invaluable feedback on fit, durability, and performance, and these partnerships and learning experiences have helped shape our journey.

### *What factors do you consider when creating a new product?*

We believe that our products should perform—and that performance should be measured by the ability to enhance people’s outdoor adventures with their dogs. These guiding principles, along with a desire to push the boundaries and explore, are what drive us to create the best dog gear possible. We design from a dog’s perspective, which is why we spend countless hours testing products before they go to market.

### *How do Ruffwear products allow people and their dogs to explore nature safely?*

When it comes to the connections that matter most, Ruffwear goes all out. Every product we make is strong and reliable by design and built to enhance and celebrate the journeys you and your dog take together. Because every dog-human duo is different, we’ve crafted a variety of different products to choose from so you can find one that’s right for your dog.

### *What are some of your most popular products?*

Our most popular and most essential piece of gear is the Front Range Harness. It’s a padded everyday







dog harness that is easy to put on and comfortable for dogs to wear, and it has two leash-attachment options: an aluminum V-ring centered on the dog's back for everyday walks and reinforced front-clip webbing at the dog's chest to redirect the dog if they pull on their leash. The harness's ID pocket keeps dog tags quiet and easily accessible, and the reflective trim and light loop for the attached safety light boosts the dog's visibility in low-light conditions.

One of our most unique products is the Doubleback Harness. It's a strength-rated belay harness that opens up new areas for dogs to explore with their humans that are difficult to access. It's strength-rated to 2,000 pounds and is designed to be comfortable while you lift and lower your dog, meaning they can join you on steep climbs. It can even be used for canyoneering and paragliding with your pup.

***What is the biggest difference between Ruffwear and other pet-gear brands?***

We're self-funded, manage our business with thoughtfulness and intention, and give ourselves the freedom to pursue purpose rather than profit. We are explorers at heart and eager to innovate and seek continuous movement in everything we do.

***The Ruffwear brand seems to embody everything outdoor enthusiasts love. How critical is the customer-canine experience to your mission?***

Our mission is to "inspire dog and human

connections outdoors." There are so many customer stories and experiences that make us proud to be Ruffwearians. Every day, we share stories in our Pack Chat about different customers and celebrate everything, from the small moments to the life-changing ones from our customers.

***What three words would you use to describe the Ruffwear brand?***

Exploration, connection, and inspiration.

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





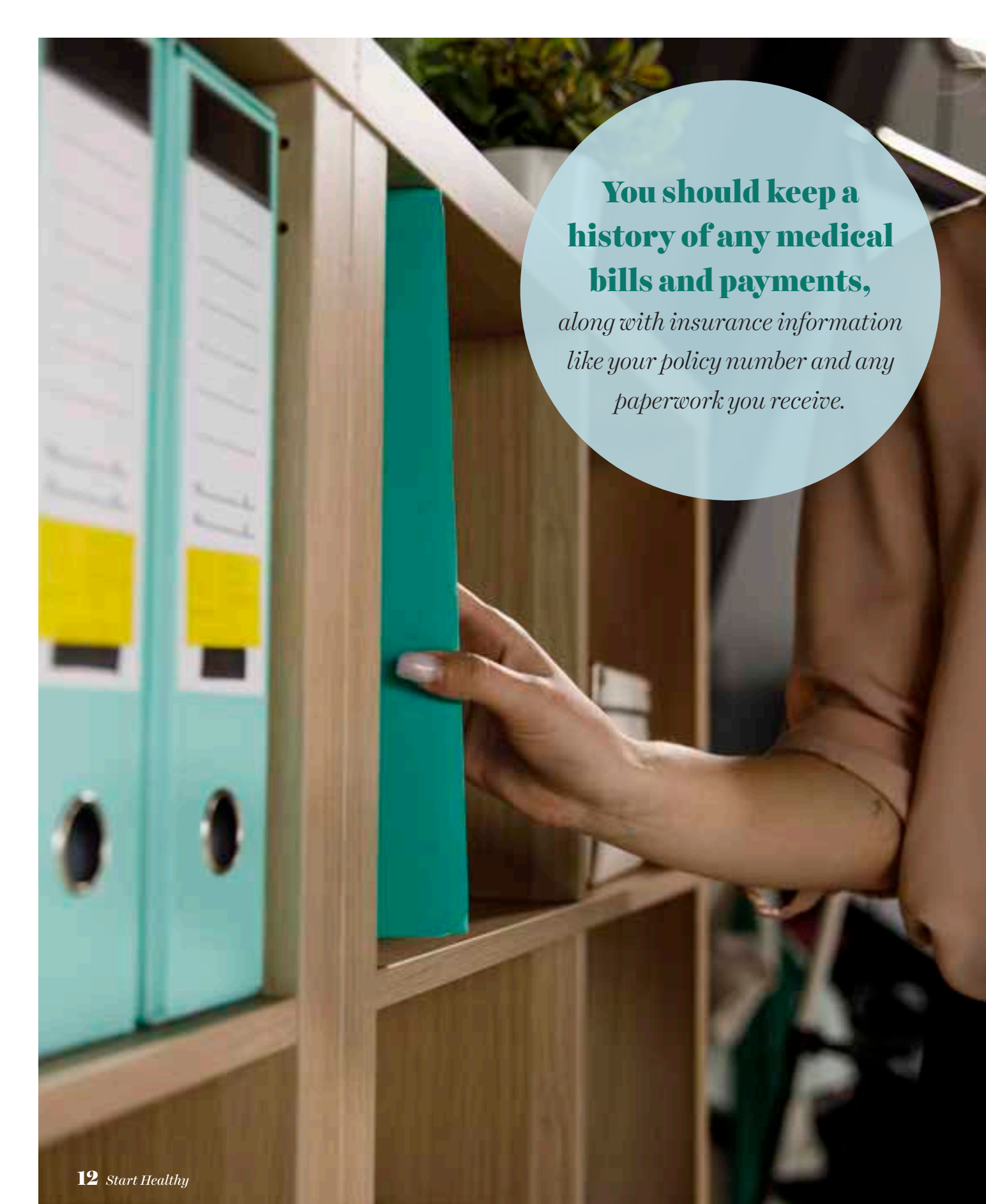
# ORGANIZING *Your Health*

**written by:** *nathan smith*

There is nothing more important than your health and the health of your family, including your pets. However, it can be overwhelming to keep track of everything: appointments, copays, medications, deductibles, allergies, blood types, etc. The list goes on.

That's why organizing your household's health is so vital. To play a more active role in managing your family's and pet's well-being, you should keep an up-to-date medical history and appointment schedule for both. Use these tips to help keep your health information organized.





**You should keep a history of any medical bills and payments,**

*along with insurance information like your policy number and any paperwork you receive.*

## **Records**

While your doctors have your health history, you should also keep track of you and your family's personal medical records and sensitive information somewhere that is easily accessible. You can either create a binder to keep track of this information or log it digitally on your computer. Your health insurance plan or health care provider may even have an app that will let you keep some of this information organized on your smartphone.

Important medical information to keep in your records includes but is not limited to:

- Family history of illness
- Blood types, immunization records, and allergies
- Hearing, vision, and dental exam results
- Dates and results of lab tests
- A list of chronic health problems, including symptoms and treatments
- Past and present medications
- Mental health treatment history
- History of childbirth
- Pet health history and vaccination records

### **Additional records to keep handy**

In the same place, you should keep a history of any medical bills and payments, along with insurance information like your policy number and any paperwork you receive. You may even want to keep track of your progress toward reaching your yearly deductible, as well as any legal documents, such as a living will or power of attorney.

In addition, keep tabs on the following information. If any is more than a year old, you can pack it away.

- Doctors' names, contact info, and role in your care
- Doctors' visit summaries and notes
- Hospital discharge summaries
- Pharmacy printouts of prescribed medications
- Emergency contact info for your family
- Veterinarians' names and contact info



## Appointments

How often you and your family members need to visit medical professionals will largely depend on your age and overall health. However, you can follow these general guidelines to schedule appointments.

- **Physical exams:** Every two to three years if you're under fifty and in good health; at least once a year if you're fifty or older.
- **Dental exams and cleanings:** Every six months.
- **Eye exams:** Every two years if you're under forty with vision problems, and every two to four years if you're forty or older.

You may need to schedule appointments with specialists throughout the year depending on existing or emerging conditions, including OB-GYNs, ophthalmologists, allergists, dermatologists, psychologists, radiologists, and gastroenterologists.

### Keeping track of appointments

First, make sure to write down the day and time of the appointment in a calendar that you look at regularly. You can create or buy a medical organizer to help keep track of appointments and use it to take any notes about what to prepare ahead of time and what documents to bring along. If you need a more visible reminder, add a dry-erase board to a busy part of your home, such as your kitchen or office.

Your doctor or vet may provide appointment reminders, which can be helpful to keep you on track. Some offices will have a staff member call you a day or two ahead of the appointment, while others will allow you to register on a website for email or text reminders. Your health care provider may even offer an app that will remind you of upcoming appointments.

### Remember to take notes

Before your appointment, write down any questions you want to address. By prioritizing questions, you can make the most of your time. It can also be helpful to take notes during these appointments, as it can be hard to remember everything you discussed. These notes can also help you prepare for future visits.

*It is important to spend time organizing your health records for yourself and your household. By keeping your medical records and appointments in order, you can help make sure everyone in your home, including the four-legged friends, stays happy and healthy.*





*Santa Monica Pier*



written by: *andre rios*

# a pacific coast highway ROAD TRIP

*Between the popular cities of Los Angeles and San Francisco stretches the Pacific Coast Highway, a scenic route through some of America's greatest views.*

One of the best vacations you could take this year requires a car, a thirst for adventure, and one week out on the open road. While sitting in a car for hours normally isn't great for your health, the amazing outdoor adventures you'll encounter on this trip call for activities like hiking, swimming, and taking in deep breaths of fresh coastal air.

This road trip isn't on the average American highway. This is the Pacific Coast Highway, or PCH, a strip of asphalt that hugs the West Coast, connecting well-known destinations like Los Angeles and San Francisco. If you want to travel this beloved road, then here is your itinerary for one unforgettable week along what may be America's most beautiful highway.

is one of the southernmost sites on the PCH and the ideal start of your weeklong route.

As you depart Santa Monica headed north on the highway, the hilly coast drive offers Pacific views that are both peaceful and exhilarating. Make your first stop off the PCH at Carpinteria State Beach, a peaceful shore that is dog friendly and, like many of the parks you'll encounter during your trip, allows overnight camping. Continue north to the beautiful town of Santa Barbara, which is rife with Spanish architecture and excellent parks. Spend a night at one of this town's charming boutique hotels, and enjoy the local, Spanish-inspired fare.

*The Santa Barbara Courthouse*



## **DAY 1: SET OUT FROM LOS ANGELES**

LAX may be your airport of choice to arrive in Southern California and rent a car for the week. Los Angeles alone deserves a dedicated must-see guide, but be prepared for its infamous traffic congestion.

Take Interstate 10 west out of Los Angeles to Santa Monica, which features a famous pier and one of the state's most popular (and busiest) beaches. This active SoCal community



*A vineyard in the Santa Ynez Valley*



### **DAY 2: DEEP IN THE SANTA YNEZ VALLEY**

Start your morning with a breezy drive to Gaviota, where you can take a refreshing hike through the sculpted, picturesque Wind Caves. Then you'll head inland through the Santa Ynez Valley, a popular refuge that sits between the Santa Ynez and San Rafael Mountains.

This is one of California's main wine regions, offering plenty of tours and charming shopping locales. Check out Solvang's quaint Danish architecture, which references the town's roots, then consider trying a California favorite, glamping, at the nearby Flying Flags resort. Or just stop by for some photos of the lavish campgrounds. If you're interested in more refined accommodations, continue up the PCH to the attractive Central Coast towns of San Luis Obispo and Cambria.



*Big Sur*

### **DAY 3: THE BIG DEAL WITH BIG SUR**

Wake up to unbelievable mountain views on the Central Coast, and then make the short drive to Ragged Point, one of the many hotspots where elephant seals bask on the beach. For some indoor entertainment along the way, consider making a quick inland stop at the exorbitant and eccentric Hearst Castle, built by the storied media mogul William Randolph Hearst.

Your next stop is Big Sur Village, one of the finest examples of Mediterranean climate in the United States. This charming community beside a 1,000-acre park hosts long, dog-friendly hiking trails and signature rocky beaches. Stop for photos of the crashing waves and some of the many year-round blooms.

Consider treating yourself at one of the spa-like accommodations near Slates Hot Springs, or make time to hike along the thrilling McWay Falls. Spending a night in Big Sur is a must, especially if you can land a room or glamping spot at the elegant Post Ranch Inn. Check in before sunset, and then explore the surrounding redwood forests for some unbelievable sights.



*Bixby Bridge*

### **DAY 4: LUSCIOUS CARMEL**

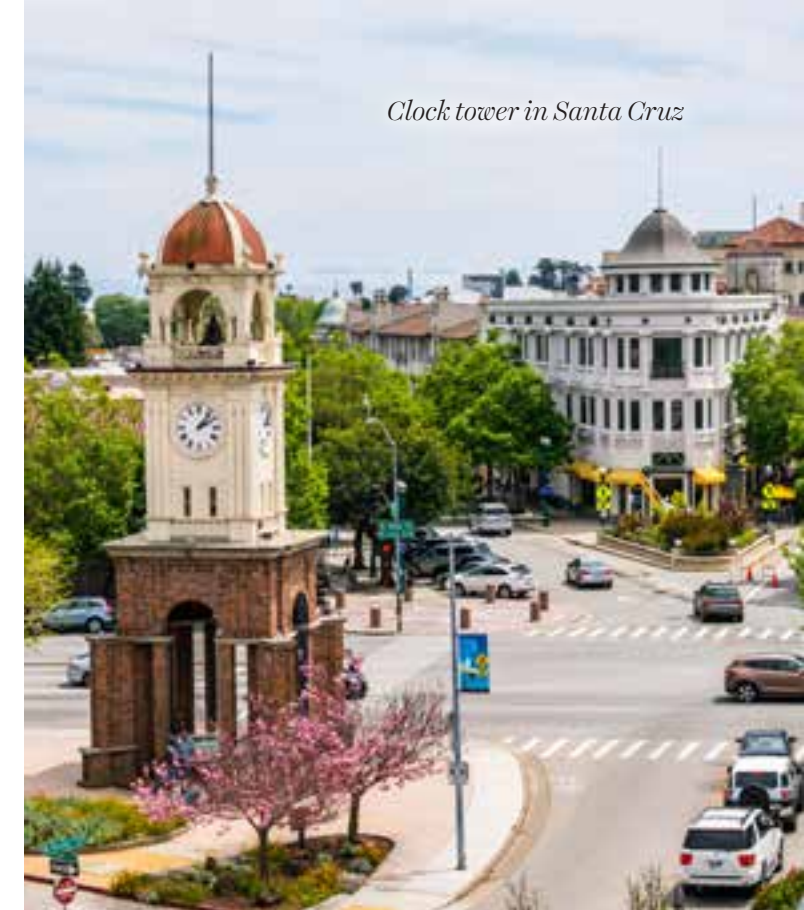
Spend a second day checking all of Big Sur's sights off your list, or continue the sweeping, dramatic highway drive to Carmel-by-the-Sea.

Past Big Sur is one of the most iconic and breathtaking sights of this entire trip: the Bixby Bridge. You may not know its name, but you'll probably recognize it. Take a breath of fresh sea air as you coast across this 280-foot-tall concrete bridge, and then stop at the Castle Rock viewpoint just north of its span for some keepsake photos.

Just beyond this landmark may be the most inspiring stretch of highway on this trip, which includes jagged mountainsides, vast beaches, and charming stops like Calla Lily Valley, a coastal meadow of painterly blooms. After a short but certainly eventful drive, you'll reach the elegant beach town of Carmel-by-the-Sea.

Carmel, as it's locally named, offers a paradise village atmosphere and features a lovely mix of galleries and fine dining along tree-lined walkways. Book a reservation in advance to enjoy a game of golf along Pebble Beach, or get up close with wildlife like sea stars along Pescadero Point.

*Clock tower in Santa Cruz*



### **DAY 5: CRUISING THROUGH THE HILLS TO SANTA CRUZ**

About fifteen minutes north of Carmel up the PCH, make a stop in charming Monterey, known for its unbelievable seafood eateries and bars with airy Pacific Ocean views. The Old Fisherman's Wharf and Cannery Row are peaceful and cozy stops where you can pick up souvenirs.

One can't-miss activity is a visit to the world-renowned Monterey Bay Aquarium, where you can observe a variety of wildlife like octopi and sharks, learn about global conservation efforts, and even greet families of otters.

Upon departing Monterey, circle north around the bay for about an hour until you reach Santa Cruz, a bustling beach town with famous sights you may recognize from TV and movies, like the Beach Boardwalk's giant roller coaster and the long, colorful rows of beachfront shops.





*Natural Bridges State Beach*

## **DAY 6: BEYOND THE CENTRAL COAST TO SAN FRANCISCO**

There are about one hundred more miles of Pacific Coast Highway beyond as you venture north from Santa Cruz all the way to San Francisco. While the beaches become significantly colder and the vibe can be less sunny, this final stretch hosts can't-miss sights like the rock formations of Natural Bridges State Beach and the crashing waves of Half Moon Bay.

Take plenty of photos at each hiking destination, but be sure to leave time to spend a luxurious evening in your final destination: San Francisco. After several days of outdoorsy ventures, why not spring for a stay at one of this metro area's finest accommodations, like the Fairmont or Chancellor Hotel?



*The Golden Gate Bridge*

## **DAY 7: IF YOU'RE GOING TO SAN FRANCISCO**

Like Los Angeles, the city of San Francisco deserves a weeklong trip of its own. However, your final day of this journey can include stops at three major attractions: the Golden Gate Bridge, which you can photograph from the nearby Golden Gate Park; downtown's signature Transamerica Building; and the coastal Fisherman's Wharf, where sea lions flock as if for adoration.

You may feel the urge to return for a closer look at this pristine city, but the same can be said of just about any locale along the unforgettable Pacific Coast Highway.

For more info, go to [visitcalifornia.com](https://www.visitcalifornia.com)



photo by: getty images

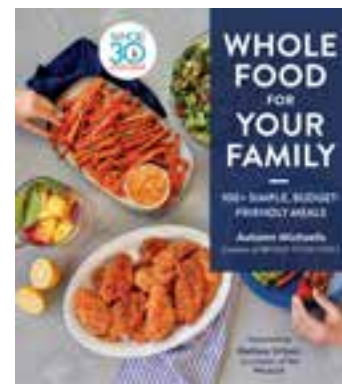
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# REFRESHED

recipes by: autumn michaelis

photos by: autumn michaelis,  
unless noted

## fan favorites



Some foods are just universally beloved—whether it’s because they remind us of our childhood or simply make us feel good. These recipes from the *Whole Foods for Your Family* cookbook put a healthier and homemade-friendly spin on classic dishes.



# CHEWY CHOCOLATE CHIP *granola bars*

MAKES 12 BARS

Granola bars are such easy, tasty snacks and lunch box staples, but they often have a long list of ingredients including a lot of sugar. I'm thrilled to share these chewy, delicious bars that are a huge hit with my boys and have only seven ingredients! We usually make a double batch, baking in a 9 x 13-inch pan for 45 minutes.

.....  
measure

- ¼ cup extra-light-tasting olive oil or coconut oil
- ½ cup honey
- ½ teaspoon salt
- 1 teaspoon vanilla extract
- 1¼ cups quick-cooking oats
- 1 cup crispy rice cereal
- ¼ cup dairy-free mini chocolate chips

.....  
make

1. Preheat the oven to 300°F.
2. In a medium saucepan over medium heat, combine the oil, honey, and salt. Cook for 2 minutes, until combined and heated through. Remove the pan from the heat and add the vanilla and oats. Stir until combined. Let the mixture sit for 5 minutes while you prepare the pan. Line a 9 x 9-inch baking pan with parchment paper.
3. Stir the crispy rice into the oat mixture. Sprinkle half of the chocolate chips over the parchment paper in the bottom of the pan. Spread the oat mixture over the top and sprinkle with the remaining 2 tablespoons chocolate chips. Top with a piece of parchment paper and press down, pressing the chocolate chips into the bars as well as evening them.
4. Bake for 30 minutes, until the bars are light brown around the edges. Let the bars cool completely in the pan before portioning them. Store in the pantry in an airtight container for up to a week or freeze in an airtight container for up to 6 months.

**Notes:** Make sure you use quick-cooking oats for these, not old-fashioned. Can't find mini chocolate chips? You can use regular chocolate chips chopped into fine pieces by hand or in a food processor. You can use pure maple syrup instead of honey, but since it is thinner, it will sink to the bottom of the granola bars a bit.







SERVES 4

## CHICKEN AVOCADO *salad*

If chicken salad and avocado salsa had a baby, it would be this salad. My boys aren't a fan of regular chicken salad or even avocados on their own, but they love pico de gallo. So, I started with this chunky salsa, chopped up cooked chicken, and added a hearty amount of avocado for healthy fat and texture, and voilà! My boys devoured it and loved the easy cold option for lunches. Of course, this just created the problem of Dad and the boys arm wrestling over who gets the last of it.

### measure

- 1 pound boneless, skinless chicken breasts, cooked and cubed (see Note)
- 2 large or 3 medium fresh avocados, peeled and cubed
- 1 large fresh tomato, chopped
- ¼ cup finely chopped yellow onion
- ¼ cup finely chopped fresh cilantro
- ½ tablespoon fresh lime juice
- ¾ teaspoon garlic salt

### make

1. In a medium bowl, combine the chicken, avocado, tomato, onion, cilantro, lime juice, and garlic salt. Gently stir until mixed well.
2. Store in the fridge in a sealed container for up to 5 days.

**Note:** An easy way to cook the chicken is to cut the trimmed chicken breasts into a few large pieces, rub them with olive oil (about ½ tablespoon), sprinkle with salt and pepper, and bake at 350°F for 30 minutes.



# PINEAPPLE *whip*

SERVES 2

Many who've been to the theme park known as the "Happiest Place on Earth" have had a creamy but light pineapple whip dessert. This copycat version takes only 10 minutes, with fantastic ingredients that make this treat a no-brainer YES to enjoy.

measure

- 4 cups frozen pineapple
- ½ cup dairy-free milk of choice (see Notes)
- ¼ cup honey (see Notes)
- 1 teaspoon vanilla extract

make

1. In a blender or food processor, combine the pineapple, milk, honey, and vanilla and blend until completely smooth. The mixture will be thick—don't be tempted to add more milk, or the whip will be too thin. Enjoy immediately for a soft-serve texture. For a thicker texture, transfer the mixture to an ice cream maker, and mix for 5 minutes or freeze the mixture for 30 minutes before enjoying. If it's been in the freezer for more than 30 minutes, let it sit out on the counter for 20 to 30 minutes to thaw before scooping.

**Notes:** I prefer using coconut milk in this because of its rich texture, but you can use whatever dairy-free milk works for your family. You can also use 1 banana instead of the honey for sweetness.





# MAXIMIZE your physical therapy

interview with: *payal patel*  
written by: *lauren kim*

**T**here may be times in life when pain and stiffness from illness, age, injury, or other factors can make you a candidate for physical therapy, or PT, a medical treatment that can improve physical function through therapies like massages, exercises, and stretches. Personally, physical therapy has helped me recover from minor athletic injuries like shin splints and has improved my strength and mobility after breaking my ankle.

Physical therapist Payal Patel of JAG-ONE Physical Therapy in East Windsor, New Jersey, discusses how to get the most out of physical therapy and shares what anyone can do to limit their pain and help keep their body strong, flexible, and mobile.

**Why do people usually go to PT?** In outpatient settings, patients seek PT for injuries and chronic pain. PT can treat many other conditions, too, such as pelvic dysfunction, dizziness, general weakness, poor endurance, and the effects of long-term COVID. In the aging population, where there is an increased risk for falls, they can be treated for balance and gait issues.

**How does PT help patients?** Physical therapy is a constructive way to treat their pain and dysfunction without the need for more invasive medical procedures like shots, surgeries, or medication. It can help a person get their life back, whether they want to reach personal or work-related goals or improve their family life.

**How can patients get the most out of PT?** Patients do better when they follow the home-exercise program provided by their physical therapist and attend



*Physical therapist Payal Patel*

all their PT sessions. In conjunction with therapy, we also often make lifestyle recommendations that should be implemented, such as staying active, avoiding sitting for prolonged periods of time, and paying attention to ergonomics, sleeping positions, and posture.

**What else can patients do to enhance their treatment?** They should provide their therapist with important information, such as what helps lessen their pain and when it began. Small details can go a long way toward catering to their specific needs. They should also be sure to ask questions when they have them.

**Why is it important to attend PT sessions regularly?** Your physical therapist needs to see you regularly to check on your gains and setbacks, adjust your treatment plan, and attend to your specific needs.





Going to all your PT sessions will help you recover faster. Just like exercising at a gym, you won't get results if you don't consistently show up.

***How much of PT's success relies on at-home exercises?*** We see you only two to three hours a week. If you don't do your PT homework, your goals most likely won't be achieved. Just like you need to brush your teeth at least twice daily, you must regularly do your home exercises to make the physical changes necessary to meet your goals.

***What common everyday activities tend to cause pain or injury?*** Typically, injuries arise from prolonged sitting, such as from office work or lounging on the couch. Over time, these activities can lead to changes in the spine that can be harmful to your normal functioning and can impede activities like standing and walking, dressing, bathing, and going up and down stairs. Yard work is also a common cause of injury, and the key to not getting hurt is to focus on your form while you work and to take breaks.







**How many PT sessions does a patient usually need?** It depends on the condition. For example, a disorder called BPPV (commonly known as vertigo) can require just one to three sessions. However, the average number of sessions for most conditions is usually six weeks to achieve long-term improvement. There are times when more visits are needed, such as for postsurgical or chronic conditions. Every situation and every person is different, so the number of required sessions can vary.

**What should a patient do after they complete their PT sessions?** They should keep up with the exercises provided by their therapist. This will prevent their pain from returning and help them maintain all the great things they achieved with PT. They also need to keep in mind all the recommendations from their physical therapist, such as their posture, ergonomics, and how to properly lift objects.

**How can the average person improve their physical condition, even if they aren't in PT?** They can do some weight training, stretching, cardiovascular exercises, and balance work. Weight training can prevent future injuries and slow some of the effects of aging. Stretching is important for joint mobility, and adding balance exercises could help them avoid falls and hip, knee, ankle, and lower-back injuries. Cardiovascular activities like walking, running, and elliptical training can boost energy levels, endurance, overall mobility, and heart health.





# *canine* communication

**written by:** *matthew brady*

Nat Turner is credited with having said that “good communication is the bridge between confusion and clarity.” In fact, it can be argued that poor communication creates more headaches and heartaches than just about anything else. And that’s just with other people.

When it comes to dogs, their willingness—if not (pardon the pun) dogged determinedness—to both understand what you’re saying and feeling and let you know the same about them is rather remarkable. You just need to pay attention.

You may think, *That’s easier said than done.* It’s true that the American Kennel Club recognizes two hundred different dog breeds, and other organizations almost double that number. That’s akin to hundreds of potential different forms of communication. However, similar to human interaction, some dog sounds and gestures are almost universal, so understanding what they mean can lay the foundation for a stronger relationship with your pet.





## Verbal communication

To some extent, the sounds your dog makes may be unique to their breed; for example, popular social media reels and TikToks center on huskies “talking.” However, there are several common canine sounds that you should pay attention to; doing so can go a long way to helping you easily identify how your four-legged friend is feeling and what they are trying to convey to you.

### Barking

A bark is the communication most widely associated with dogs—and for good reason. A canine can use it for a variety of purposes, and it’s often a clear, direct signal of exactly how they feel at that moment. “There are nine-plus kinds of barking, so your dog may be barking for one reason in the morning and a totally other reason in the afternoon,” says Cathy Madson, a certified canine behavior consultant and dog trainer with Preventive Vet in Seattle. “Identifying the reasons for their vocalizations can really help you address

their behavior. It’s always important to ask, ‘Why is my dog making these noises?’”

One of the first things to assess is the tone of your pet’s bark. In general, if their pitch is higher, it’s usually a sign that they’re happy. For example, you might notice that you are greeted by high-pitch barks when you return home from work because your dog is happy to see you or when it’s time to go for a walk. They may also bark for emotional reasons, such as needing attention or experiencing frustration.

In contrast, lower-toned barks need to be taken seriously because your dog *is* being serious, perhaps because they sense a stranger outside. The frequency matters too. If your dog’s low barks are continuous, especially in quick succession, they are likely telling you they are worked up about something, and you should definitely pay attention to determine the cause. However, Madson cautions that you should respond appropriately: “Unless they’ve been trained

otherwise, if you respond by yelling, they’re thinking you barked with them. You’re actually joining in on that social interaction with them and inadvertently reinforcing the barking.”

### Whining

As with many humans, dogs will usually whine because something is amiss. It could be a sign that they are sad, fearful, or just craving attention. Dogs can also experience separation anxiety, so you might notice that yours whines when you leave for work. Perhaps most important of all, it may be a way to let you know that they are sick or hurt, so getting to the bottom of the whining is paramount.

### Growling

Have you ever played with your dog and been taken aback when they started to growl? In these circumstances, the growl is usually nonthreatening; like a playful bark, it’s just part of playtime. That’s the exception to the norm, however. Dogs usually growl because something seems threatening, and, much like other warning systems, they have different levels. A growl will often start out low and quick as a signal that something is amiss. You should pay attention to any growling and determine what’s causing it, especially if it’s accompanied by snarling—a red alert that your dog is likely entering attack mode. Madson also emphasizes that growls should never be punished. “We trainers always say, ‘Never punish the growl,’ since it’s a warning before a bite,” she shares. “If we punish it, a dog likely will skip over it next time, giving little warning of the bite. It’s a great communication tool on a dog’s part and should always be respected.”



*It’s thought that dogs may howl at times as a sign of anxiety or unhappiness and perhaps as long-distance way of trying to communicate with their family.*

### Howling

It’s fascinating when dogs howl, as our family dog did when he heard sirens in the distance. In doing so, canines are tapping into the instincts of their primordial brethren, wolves. But why? Experts believe it’s usually a form of communication with each other, even as a means of claiming territory. And it’s thought that dogs may howl at times as a sign of anxiety or unhappiness and perhaps as long-distance way of trying to communicate with their family.

### Other sounds

You may notice that your dog makes other sounds, including some that you may find familiar. Much like with kids, after you tell your dog “No,” they may show their disagreement by letting out a sigh or a groan;





only an eye roll would be a clearer sign of how they feel. In addition, believe it or not, some dogs release their inner feline by purring when they are happy.

### **Nonverbal communication**

Unlike communicating through sounds, which are usually intentional, your dog may send you or someone else a message through their body language. “Dogs are mostly body-language communicators; they’re less vocal than we are,” Madson says. “In contrast, we do what’s called anthropomorphizing: we put human attributes to different body language signals or facial expressions that a lot of the time don’t actually mean the same thing for a dog that it might mean for a person.”

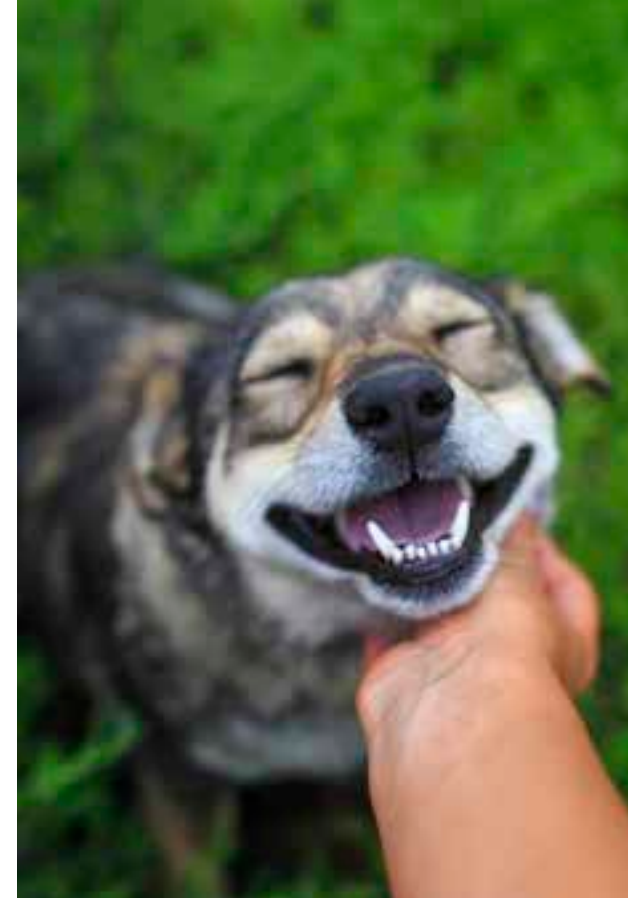
With this in mind, the following are some of the more common feelings that are expressed through your pet’s nonverbal communication. Madson emphasizes looking at the full body of your dog, rather than just one aspect in isolation, to get a complete understanding of how your pooch is feeling.

#### **Fear or anxiety**

Unfortunately, everyone is all too familiar with signs of fear in dogs: cowering and a tucked tail, which may happen with fireworks, for example. In addition, a good place to check for clues about your pet’s emotions is their mouth. Oftentimes, excessive panting and lip-licking are signs of stress, as is a closed mouth. Even yawning, a stress reliever for humans, can be a sign of canine anxiety.

#### **Alertness and possible aggression**

With finely tuned senses, dogs are acutely aware of their surroundings and can be quick to react to stimuli, especially if they feel threatened. You may notice such awareness in your pooch if their mouth is closed, their ears face forward like radar, and their eyes widen. Fortunately, dogs will often also



indicate that the situation may escalate to aggressiveness. Be on the lookout for bared teeth and curled lips, a surefire warning from your dog, in addition to their fur standing on end, pinned-back ears, and a stiffened posture. Madson suggests that, to deescalate a situation and calm your dog, move away and talk to them slowly—this often calms their nervous system.

#### **Happiness**

If properly cared for, dogs are by nature one of the happiest, loving pets around—and they show it. Signs of a content canine can be seen from head to tail: an open, relaxed mouth (which even looks like a smile in some breeds) and low, loose ears tell you that your dog is blissful, and a wagging tail is seen as a sign of unbridled dog joy. However, keep in mind that, while the latter is usually true, it’s not always the case. “People see a dog’s tail wagging and assume they’re happy, but the way a dog is wagging their tail also matters a lot,” Madson says. “It’s a way for us to gauge their excitement level in their brain and their preparation to act. For example, if you see a dog with a high and tight wag up over the body, a lot of times that means they’re really fixated and could mean that they’re seeing something that they may decide to chase or catch.”

There are many ways you can foster a healthy, happy relationship with your pooch, and one of the best is trying to comprehend what they’re attempting to say to you. “Dogs are super intelligent. They are masters of reading our body language and often know what we’re about to do before we do,” Madson concludes. “It’s amazing to think that this is a totally different species of animal and they communicate so well with us. We just need to be as attentive to their communication as they are to ours.”

*Be sure to speak with your veterinarian for more information about your dog’s many means of communication.*



# WHY DO WE DREAM?

OUR DREAMS CAN BE EXHILARATING OR FRIGHTENING, BUT WHY DO WE DREAM, AND WHAT DO VIVID DREAMS REALLY MEAN?

wellness

**written by:** *andre rios*

A tiger with wings soars through your window. You're back in fifth grade, but your teacher is a giant swamp monster. You walk up to a buffet table full of immaculate desserts, but suddenly the floor is made of clouds. You slip through and find yourself falling . . . seemingly to your doom!

You awaken with a start. It was all a dream.

As you begin your morning routine, you might feel like you just lived through a busy day while you were sleeping. Why does it seem like when your body is completely at rest, your brain is working overtime?

Dreams are where we go to stir up our thoughts, fears, wishes, secrets, and memories into a whirlwind of the odd or absolutely absurd. This wild world takes on many forms. Dreams can resemble real-life scenarios, vivid memories, or completely invented situations—in which we may or may not be directly involved. Sometimes we seem to just watch the action before us as if playing a movie in our heads.

And while some are fascinated by dreams, others think they have a secret significance. Some cultures have associated dreams with a connection to other worlds or segments of time. However, many scientists have labeled dreams as an important feature of our physical and mental health.



## The science of sleep

Sleep isn't just an enjoyable activity (especially on those rare weekend mornings when you can sleep in). Sleep is also an essential process for human function, a period in which the heart, lungs, and other organs that must work continuously can slow down to a more relaxed pace. Meanwhile, many systems of the body take some much-needed time off. In these seven to nine hours of vital rest, the body can regenerate, the immune system can cleanse the body of illnesses, and the brain is free to get silly.

As our brain cycles through different phases of sleep, we eventually descend into the rapid eye movement, or REM, stage. The deepest and most important phase, REM sleep is when most dreams occur—and when the brain enters a powerful state with proven benefits for our health.

## The creative, familiar, and just plain weird

Dreams help us to rebuild and expand neural pathways, the information networks that the brain uses to learn, remember,

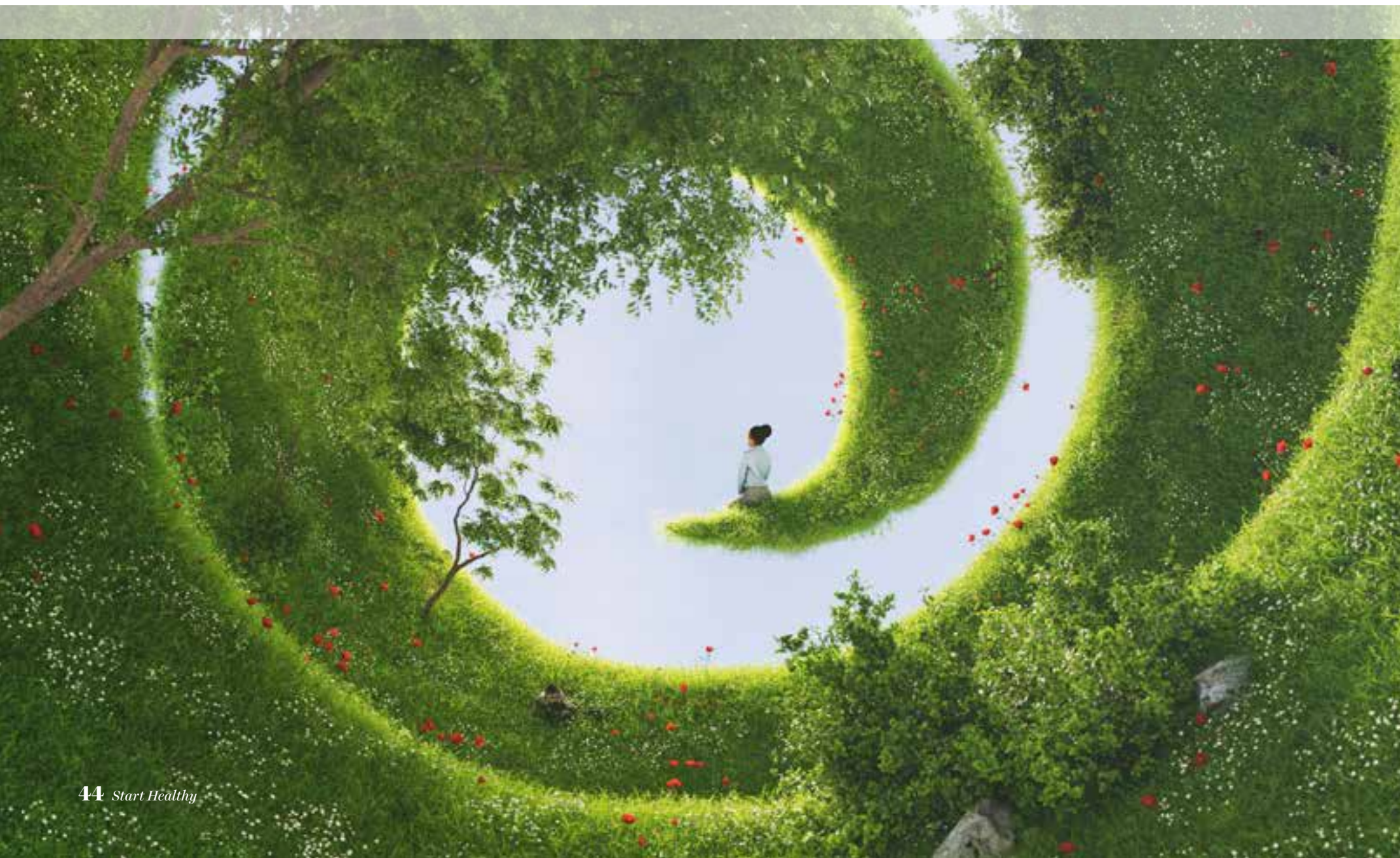
and grow. As Erik Hoel, research assistant professor at Tufts University, states, dreams assist in “breaking the cycle of repetitive daily tasks—filling out spreadsheets, delivering mail, tightening pipe fittings—with an infusion of discord, keeping our brains fit.” This means that the bizarre, scary, or even romantic scenarios we invent during sleep introduce our brains to more information.

What if you're in a car accident tomorrow? If you've ever dreamed of such a scenario, Hoel suggests that this was your

brain's way of preparing you to handle such a stressful event in the real world. In a sense, dreams can keep the mind flexible, prepared, and adaptable to various unpredictable situations.

## What about nightmares?

Your twilight adventures in the world of dreams may often take the form of nightmares, stressful or even terrifying dreams that feel all too real. Maybe you enter your home to find it's been flooded and destroyed; maybe you forget





a major work deadline, and your boss is after your head. Some of the most unwelcome dreams are those that tie into our instinctual fear of shame. These dreams may involve being inappropriately dressed in public or having to give a performance for which we're deeply unprepared.

Despite how they may feel, nightmares can be surprisingly healthy, reinforcing what our brains consider vital information. Have you ever dreamed about a swarm of spiders or falling into ice-cold water? These dreams underline the importance of fear for self-preservation. We should avoid interacting with snakes, for example, because our dreams show us the consequences these threats have for us, such as painful bites and venom.

While occasional nightmares are completely normal, if you have nightmares often you may be suffering from parasomnia. According to Verywell Mind, "Nightmare disorder is considered a parasomnia, a type of sleep disorder that interferes with a person's sleep by creating abnormal or undesirable experiences." Some people even experience what are known as night terrors, periods of intense fear in which they shake, yell, or exhibit other signs of distress in their sleep. They may or may not wake up during these frightening episodes.

Nightmare disorder and night terrors are often associated with anxiety, depression, and other mental health conditions. However, having the occasional nightmare isn't necessarily a sign of a mental health concern.

Recurring dreams may also be obnoxious or even disturbing. Many experts suggest that this is your

mind's way of highlighting a certain emotion or fear. However, these dreams can be debilitating if you frequently remember them. Those who have recurring dreams about a traumatic event should consider reaching out to a mental health expert for treatment. As with nightmare disorder and night terrors, talking to a therapist about difficult recurring dreams can help you find relief.

### **To dream or not to *dream***

On the opposite end of the spectrum, did you know that some people don't dream at all? Thanks to a rare and little-known condition called aphantasia, such people cannot conjure senses like sight and sound in their heads. Aphantasia makes certain mental tasks, like picturing the face of a loved one, nearly impossible. For these individuals, scary nightmares aren't a concern, but they may never experience the thrilling and fantastical dreams that have fascinated the rest of us since the dawn of humankind.

### **Remembering your *dreams***

Many people feel that dreams have a more spiritual significance, like connecting them with those who have passed or even predicting the future. The power of dreams, ultimately, is up to your perspective—and your spiritual beliefs—to determine. If you feel that dreams are important to you, try keeping a dream journal next to your bed. Be sure to write about your dreams in detail as soon as you wake up, before you forget the vivid experiences and return to life in the real world.

*For more info, visit*

**[sleepfoundation.org/dreams](https://sleepfoundation.org/dreams)**







# keeping your food SAFE IN SUMMER

written by:  
bonnie.joffe

Summer is prime time for fun, outdoor picnics, and barbecues. A downside? An estimated forty-eight million Americans are victims of food poisoning each year, and you and your family may be at greater risk from foodborne illnesses due to improper summertime food preparation, serving, or storage. To ensure your food is safe to eat, take the following measures.

## **Thaw or marinate food in the refrigerator.**

To prevent contamination, do not leave your food to thaw or marinate out on the countertop, where harmful bacteria can grow; keep it in the refrigerator. If you need to thaw food quickly, place it on defrost mode in the microwave.

## **Cook meat to its recommended doneness.**

According to the USDA, pork roast, lamb, brisket, and fish should be cooked to an internal temperature of 145 degrees, ground beef and egg dishes should cook to 160 degrees, and turkey and chicken should be cooked to 165 degrees.

## **Wash fruits and vegetables before peeling them.**

Harmful bacteria and pesticides may be present on the skin of fruits and vegetables, so be sure to wash them thoroughly with water. Do not use soaps, detergents, or other cleaning products while washing food.

## **Keep coolers closed.**

Because beverage coolers tend to be opened more frequently, keep your drinks in a separate cooler from your perishable foods. Also, remind people to close the cooler when they are done grabbing their snack or drink, and keep an appliance thermometer inside the cooler to make sure it's keeping its contents at or below 40 degrees.

## **Store leftovers properly.**

Perishable foods should be placed back into refrigeration after one hour outside if the temperature is warmer than 90 degrees.

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

# Patriotic Party RECIPES & TIPS

Summer is always full of fun, patriotic celebrations. Whether you're at a picnic, BBQ, or casual get-together, there's always guaranteed to be great food and fun games for the whole family.



## Firecracker Dogs

SERVES 16

### ★ Ingredients

- 16 hot dogs
- 1 can refrigerated breadstick dough
- 16 thick slices colby cheese (about ¼ to ⅜-in. thick)

### ★ Instructions

1. Stick a skewer all the way through each hot dog, leaving about an inch and a half exposed out of the top.
2. Take a piece of breadstick dough and carefully wrap it around the hot dog until you get to the top. Place the wrapped dogs on a nonstick baking sheet, and bake according to the package directions for the breadstick dough (about 20 minutes at 350°F).
3. Using a small star cookie cutter, cut stars out of the cheese.
4. After the hot dogs have cooled for 2–3 minutes, stick the stars through the skewers at the top.



## Red, White, and Blue Ice-Cream Sodas

MAKES 1

### ★ Ingredients

- 3–4 ice cubes
- 4 tbsp. Torani syrup total (2 red, 2 blue)
- ½ c. club soda
- 3 tbsp. half-and-half
- Whipped cream
- Cherry

### ★ Instructions

1. Add the ice cubes to a glass. Pour in the red syrup, and then add the club soda.
2. Add in the half-and-half, followed by the blue syrup.
3. Top with whipped cream and a cherry.




## Front of Tear Out Card 2

### SUMMER TOMATOES with burrata and grilled bread

---

6 slices sourdough bread  
¼ c. extra-virgin olive oil  
4 medium beefsteak tomatoes,  
washed and cored  
One 4-oz. ball burrata  
1 c. medley tomatoes  
1 tbsp. balsamic vinegar  
Kosher salt and freshly ground  
black pepper  
12 small basil leaves

  
  
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## Back of Tear Out Card 2



**SERVES 4 AS AN APPETIZER**

1. Heat a grill to medium-high heat.
2. Brush the bread slices on one side with 2 tablespoons of the olive oil and place them on the grill, oiled sides down. Cook until they get a light, evenly colored char, moving them frequently. Cut the grilled bread in half and set aside.
3. Slice the beefsteak tomatoes into ¼-inch slices and arrange them on a large plate, overlapping slightly. Place the burrata in the center of the tomatoes. Halve the small tomatoes and scatter them around the plate. Drizzle the vinegar and remaining 2 tablespoons olive oil over all the tomatoes and season generously with salt and pepper. Garnish with the basil leaves and serve with the grilled bread.

Excerpted from *The Row 34 Cookbook: Stories and Recipes from a Neighborhood Oyster Bar* by Jeremy Sewall and Erin Byers Murray, Rizzoli New York, 2021. Images by Michael Harlan Turkell.



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