

The Beet

OCTOBER 2020



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FUEL: SPAGHETTI SQUASH

NUTRIENT PROFILE

One cup (155 grams) of cooked spaghetti squash provides the following nutrients:

Calories: 42

Carbs: 10 grams

Fiber: 2.2 grams

Protein: 1 gram

Fat: 0.5 grams

Reference Daily Intake (RDI)

Pantothenic Acid: 6% / RDI

Potassium: 5% / RDI

Vitamin B6: 8% / RDI

Vitamin C: 9% / RDI

Manganese: 8% / RDI

Niacin: 6% / RDI

Whether we are ready for its arrival or not, fall is upon us. As the need for warmer beverages, clothing, and blankets will inevitably increase in the coming months, so will our desire for comfort foods. Although traditionally these dishes are heavy, calorically-dense, and leave us fighting the urge to nap before we have even left the table, this doesn't have to be the case. This holiday season we encourage you to experiment with a solution to your comfort food dilemma: spaghetti squash. Spaghetti squash is a winter vegetable rich in vitamins, minerals, and antioxidants and is a lower calorie alternative to the refined carbohydrates, like pasta, that tend to grace our tables during cooler months. It is particularly rich in fiber, vitamin C, manganese, and vitamin B6, and also contains small amounts of thiamine, magnesium, folate, calcium, and iron. Not only does spaghetti squash offer a greater nutrient profile than its carb-heavy cousin, but its versatile and filling nature deems it a worthy substitute.

WE ENCOURAGE YOU TO LIGHTEN THE LOAD OF THIS SEASON'S COMFORT FOODS WITH THIS DELICIOUS VEGETABLE!

HOW TO COOK IT { OVEN OR INSTAPOT }

Cut in half long ways and roast until interior is soft and edges are browned or crisp. Once it's cool enough to touch, use a fork to scrape the strands out of both halves. Add a brush of olive oil before roasting for extra omegas.

RECIPES USING SPAGHETTI SQUASH

[Tuscan Spaghetti Squash](#)

[Lemon Basil Spaghetti Squash Fritters](#)

[Spaghetti Squash Enchilada Boats](#)

[Spaghetti Squash Chow Mein](#)

[Comforting Spaghetti Squash Soup](#)

FROM YOUR RD: IMMUNE BOOSTING BENEFITS OF BEE PROPOLIS/BEE PRODUCTS

Bee pollen contains a wide variety of antioxidants, which may protect your cells from damage caused by free radicals that are linked to chronic diseases, including cancer and type 2 diabetes. Animal and clinical studies show that bee pollen antioxidants may reduce the severity or onset of allergies and kill several harmful bacteria. Protein and carb levels of bee pollen range from 7% to 35%! It also has anti-inflammatory and antioxidant properties that can promote wound healing. Give bee pollen products a try with Beekeeper's Natural Products - [click here](#) to use our WellStyles discount for 30% off!



MOVE: REDUCE TENSION WITH YOGA

 follow us for free live workouts!
[instagram.com/wellstyles_az](https://www.instagram.com/wellstyles_az)

Do you spend your days hunched over a computer or device? Do you struggle with neck and or back pain? Yoga is a great way to combat stress stored in the body. Try these yoga poses in order to relieve tension, strain and inflammation in your neck, shoulders, and back.



Ear to Shoulder

Drop your right ear to down towards your shoulder. Allow gravity to do the work as you stretch out the opposite side of your neck. Hold for a few rounds of breath and then drop the other ear down to your left shoulder.

Cat/Cow

Find four points of contact with your palms and knees. Drop your belly low, open your chest forward, and gaze up. Start to move one breath one movement. Pull your naval up and in, dome out your shoulders, tuck your chin to your chest, and gaze to your knees.

Thread the Needle

Plant your palms and knees on the ground. Find four points of contact with the earth. Extend your right arm high and gaze past your fingertips. Exhale as you thread the needle and sweep your right arm under your left. Melt your right shoulder and ear to the earth. Extend your left arm in front of you and hold for a few breaths. Switch it out.

Child's Pose

Find four points of contact with your palms and knees. Drop your hips back toward your heels and allow your knees to open wide. Find length in your back/spine and extend your arms long out in front of you.



WELLNESS CHAMPION OF THE MONTH: DAN BOOTH, DEER VALLEY UNIFIED SCHOOL DISTRICT

I became a champion because I wanted to help my staff with health and wellness. My favorite thing about being a champion is that I really enjoy seeing people achieve their goals. It's also fun seeing the staff at Desert Mountain challenge each other. I have been able to influence health at my school site by creating different challenges for the staff. We especially like the step challenges!

In regards to my personal health journey, I was in a rut with my health and wellness for a while. A couple of years before Wellstyles I started going to the gym again. That really helped improve my overall health. Now using the virgin pulse app has really helped push myself and track my health stats.

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CONNECT: RECONNECT WITH VALLEY EVENTS NEAR YOU

Looking for ways to connect, social distance, and stay out of the heat? Check out some of these events coming up in your community!

DAY: [View all Maricopa County parks and current programs/open times](#)

NIGHT: [Attend the Desert Thunder Wildlife Conservation Black Tie Gala](#)



REST: DE-STRESS YOUR DAYS BY PRACTICING DEEP BREATHING

Take a moment to think about your breath right now. What do you notice? By bringing attention to the breath, we can consciously bring ourselves into a relaxed state during stressful times. This may be a regular practice to you or this might be the first time you have consciously paid attention to it. The way you breathe affects your whole body. Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Breathing exercises are a good way to unwind, reduce tension, and relieve stress so you can relax. [Try a guided deep breathing exercise.](#)



DETOX: THE BENEFITS OF CLEAN BEAUTY

No category of consumer products is subject to less government oversight than cosmetics and other personal care products. Although many of the chemicals and contaminants in cosmetics and personal care products likely pose little risk, exposure to some has been linked to serious health problems, including cancer. Learn what to avoid below. Beauty brand, NakedPoppy, offers safe and clean crafted beauty products, curated for you! Get 20% off your order with code WELLSTYLES20.

12 known harmful chemicals (“cosmetics dirty dozen”) used regularly in common beauty products - know them to avoid them:

- | | |
|---|------------------------------|
| 1. BHA and BHT | 6. Parabens |
| 2. Coal tar dyes: p-phenylenediamine and colours listed as “CI” followed by a five digit number | 7. Parfum (a.k.a. fragrance) |
| 3. DEA-related ingredients | 8. PEG compounds |
| 4. Dibutyl phthalate | 9. Petrolatum |
| 5. Formaldehyde-releasing preservatives | 10. Siloxanes |
| | 11. Sodium laureth sulfate |
| | 12. Triclosan |



REFRAME: STRENGTHEN YOUR MINDSET WITH POSITIVE SELF TALK

The way we think can have major impacts on every dimensions of our health, not just psychological health.

Positive thinking supports your health in many ways: less stress, better overall physical and emotional health, longer life span, and better coping skills. Often, we believe “positive thinking” to be a coping mechanism to ignore life’s less pleasant situations. Positive thinking will not take away the less pleasant, but becomes a way of reframing our outlook on how you approach unpleasantness in a more positive and productive way.

Most of the time, positive thinking comes from the way in which we talk to ourselves. Self-talk is the stream of thoughts that are constantly running through our mind, whether positive or negative. Take a moment to ask yourself, do you speak words of positivity of and encouragement to yourself often? Or do you instead shame yourself and use negative words to describe yourself? This can greatly affect our outlook on life, which then affects many other aspects of our life either positively or negatively. Make it a goal for yourself to incorporate more positive thinking into your day. This becomes easy over time with practice ,and when our minds are generally optimistic, we handle everyday stress in a more constructive way.

FROM YOUR WELLNESS TEAM: SWAP OUT SUGARS FOR SMARTER HOLIDAY SNACKING

It may be difficult to avoid the ghosts, haunted houses, and witches on Halloween, but what is even more challenging is trying to avoid sugar! Sugar, refined or natural, is a simple carbohydrate that the human body breaks down into glucose and uses for energy. However, we are not dependent on glucose since we are able to obtain energy from protein and fat as well. For this reason it is important to aim for nutrient-dense sources of carbohydrates that also provide vitamins, minerals, phytonutrients, and fiber to combat the negative effects of excessive carbohydrate intake.

Here are some tips for reducing your intake of refined sugars during this holiday season:

- Make your favorite recipes with less sugar than they call for and gradually reduce the amount until optimal taste until the least amount of added sugar is achieved.
- Swap refined sugars for unrefined alternatives like raw honey, blackstrap molasses, and real maple syrup.
- Practice the 1 and 1 method: this is where you consume one piece of candy and then throw one out.
- Opt for water naturally flavored with lemon or lime over sugar-sweetened beverages like juice and soda.
- Choose fresh fruits or dark chocolate when you are looking for a sweet treat.

Yours truly,
Your Wellness Team