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FUEL: ORGAN MEATS - GET THE BENEFITS OF CONSUMING "NOSE TO TAIL"

The nutrients we put in our body have a huge effect on our overall well-being. Organ meats have been uniquely treasured by generations for providing dense nutrition when we need it most. When our ancestors hunted animals to eat, they utilized all internal organs and muscle meat in a "nose to tail" approach to minimize waste. While being respectful of the circle of life it also uncovered the benefits of consuming organ meats. We can reintroduce the wisdom of our ancestors by incorporating organ meats in our everyday recipes, and as always we included a few delicious choices to get you started.



RECIPES USING ORGAN MEATS

- [Organ Meat Stew](#)
- [Slow-Cooker Cuban Picadillo](#)
- [Paleo Liver Bacon Meatballs](#)
- [Seasoned Tender Beef Tongue](#)
- [Beef Heart Chili](#)

FROM YOUR RD: MORE ABOUT NOSE TO TAIL NUTRITION

Animal organ meats (liver, heart, kidneys, sweetbreads, brain, tongue, and tripe) have unique and rich flavors. Called "nose to tail" nourishment, when you incorporate organ meats into your diet there are vast benefits beyond the basics we receive from muscle meat. These include a healthier mood, increased energy and increased immune function. Adding organ meats to your grocery list regularly may be an occasional challenge, either with local availability or shared meal planning. If you share space or meals with someone who opposes meat consumption, or you do yourself, there are sustainable options. You can receive the dense nutritional benefits of organ meats through a supplement rather than fresh preparation, and there are additive and hormone-free options to consider where the nutrients are packed into a daily pill. [Heart & Soil](#) supplements is a good place to start for more info, use our discount code WELLSTYLES 15 to give them a try!



Air pollution is an often overlooked health risk since it's hard to see or measure.

DETOX: SUPPORT TO COMBAT AIR POLLUTION

Research has shown that long-term exposure to air pollution increases all-cause mortality and aggravates many disease states, such as cardiovascular disease and lung conditions. Based on data from the World Health Organization (WHO), 9 out of 10 people breathe air containing high levels of pollutants, and approximately 7 million deaths globally are attributed to air pollution.

Knowing what to do can feel overwhelming. Most people tend to think of outdoor air quality only, and many don't realize that indoor air quality can often be worse. Although this may feel even more gloomy, as many of us spend more time indoors - we have greater control over our air. Some important steps to improve air quality include making sure to change air filters regularly and ensure adequate ventilation, especially in the kitchen (over stove). Lastly, you can consider digital air filtration systems.

Smart tech filters like [IQ Air](#) help support cleaner air in your home and car. To get started, use our WellStyles member promo code WELLSTYLES15 on either home or car ATEM filters on their website. (valid on your first cart through 12/31/2020).



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MOVE: EXERCISE AND A BALANCED MOOD

Exercise almost instantly increases your heart rate, which triggers norepinephrine; a chemical that may help the brain deal with stress more effectively. Plus, exercise helps to increase blood flow to the brain. Your mood needs this: blood flow to the brain directly impacts all of your cellular functions, everything from improving concentration to regulating sleep to ultimately boosting your mood.

Ready to add a mood boosting exercise to your daily routine? Try tech tools. You can use a wearable device to track your steps or activity, and then challenge yourself to improve over time. Or enlist the help of a fitness app. [Under Armour's "Map My Run,"](#) for example, tracks over 600 activities and allows you to share your workouts on social media and connect with other athletes.



“ As the school nurse, I am able to counsel many students on ways to stay healthy when they come to see the school nurse, such as hand washing, making healthy choices, and staying hydrated.

**WELLNESS CHAMPION OF THE MONTH:
ANN PHAM, DEER VALLEY UNIFIED SCHOOL DISTRICT**

I became a champion because I wish to promote a healthy lifestyle so that everyone is feeling their best and to prevent diseases such as Type II diabetes, hypertension, heart disease and other chronic illnesses. Creating a group challenge for me is fun, to come up with a team name and team motto to encourage everyone to stay on track. I also enjoy working with the district’s wellness team to get information out to staff about programs and special events available to promote healthy habits and healthy living. I’ve encouraged staff to join the wellness program and take advantage of all the benefits it has to offer. I am available to staff to support them anytime they need. I am also a part of the district’s wellness policy committee; relevant information that needs to be collected or implemented is shared with staff and committee. As the school nurse, I am able to counsel many students on ways to stay healthy when they come to see the school nurse, such as hand washing, making healthy choices, and staying hydrated. I reach out to families as needed to provide additional support regarding any health concerns. I’ve been active most of my life. I enjoy going on walks, hiking, running, working out at home or at the gym. I also enjoy cooking healthy meals that are plant based; I love how I can get lots of ideas and recipes from cookbooks and websites. We can get bored rotating through the same meals every few weeks so it makes it fun to discover new healthy recipes that you can incorporate into your meal plans.



REFRAME: 5 STEPS TO PRACTICING SELF FORGIVENESS

- Step 1:** Acknowledgment and acceptance of your feelings, whatever they may be and their validity
- Step 2:** Acknowledge the exact action(s) that caused disappointment in yourself
- Step 3:** Give yourself permission to put the objective on hold / rethink what has become more important to you
- Step 4:** Confront your inner critic – do the daily work to silence negative self talk and reword self criticism into motivational and forgiving discussions
- Step 5:** Get clear about what you want – set the specific actions needed to achieve your new goals

**INDIE WEEK
SEPTEMBER 1-30 ~~XXL~~**



CONNECT: CONNECTING WITH YOUR ENVIRONMENT

Having a strong and healthy connection with your environment improves health through its impact on hormones (especially the stress hormone, cortisol). A strong sense of belonging in your environment decreases the body’s secretion of cortisol. Too much cortisol can cause issues such as weight gain, high blood pressure, osteoporosis, changes in muscle strength, mood, and skin. Work to improve your connection with your environment by participating in this fun and active Bingo Game. Start by [downloading the card](#) and completing blocks for all things local across the state including:

- Leaving a review for a local business online
- Ordering carry-out from your favorite local restaurant
- Shopping online at a local retailer
- Supporting a woman-owned business
- And many more fun activities!



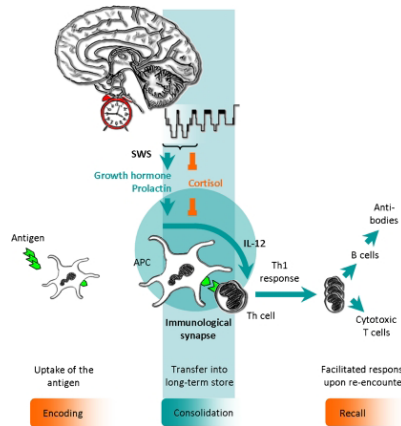
[Local First](#) will be awarding local gift cards each week to those who complete the lines of calls to action, and a grand prize at the end of the month for a blackout. Local First invites you, your teams, colleagues, families, and friends to participate by downloading the card at localfirstaz.com/indie-week and sharing your journey online!



REST: HOW SLEEP PROMOTES HEALING

This illustration (zoom in for detail) shows how sleep promotes healing.

Sleep supports the initiation of an adaptive immune response: the invading antigen is taken up and processed by antigen presenting cells (APC) which present fragments of the antigen to T helper (Th) cells, with the two kinds of cells forming an ‘immunological synapse’ - AKA protection and healing! In both the central nervous system and the immune system, sleep specifically supports the consolidation stage of the respective memory types.



FROM YOUR WELLNESS TEAM: PRACTICING MINDFULNESS FOR OPTIMAL HEALTH

As you transition into your new working environments, you may notice that you are faced with feelings of uncertainty. This uncertainty can cause extra stress and worry, which can negatively impact your overall health. The good news is, by practicing mindfulness, you have the ability to calmly acknowledge things as they are. Training the mind to stay in the present moment helps to create a sense of stability amidst the chaos. Practicing mindfulness looks different for everyone. It is important to find the mindfulness practice that works best for you! Once you find this, you will slowly start to experience the benefits. You may start to experience less stress and anxiety, improved attention, memory, self-awareness and regulation of emotions. Here are some of the common ways you can practice mindfulness:

- Mindfulness meditations
- Reading
- Breathing exercises
- Coloring
- Journaling
- Listening to music

A mindfulness practice can be anything that calms the mind and keeps it in the present. It is important to choose something that you enjoy and is sustainable long term. Check out the WHIL program on the WellStyles Programs Page for more information on mindfulness, emotional intelligence, and yoga.

Yours truly,
Your Wellness Team

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