



Making Complete Proteins

Meat is a complete protein, it contains all of the amino acids that your body needs from protein. For some people who would prefer to eat a plant based diet there are foods that can be combined to make up the complete set of amino acids.

- Legumes and grains
- Nuts and legumes
- Nuts and grains

Menu examples

Homous with pita

Red beans and rice

Lentil and barley soup

Split pea soup with whole grain bread

Chick pea and quinoa veges burger

Tortillas and refried beans

Sunflower seed butter on crackers

Almond butter on toast

Salad with added chick peas and sunflower or pumpkin seeds

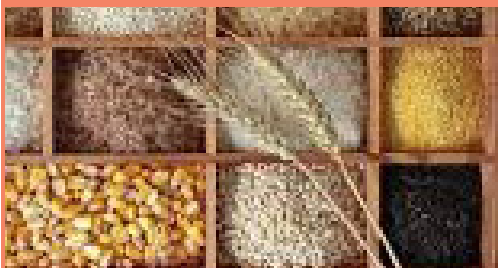
Other foods that are complete proteins include;

Eggs, buckwheat, whey, fish, milk, meat, chicken, cheese, quinoa

Legumes



Grains



Nuts and Seeds



HEALTHY LIFESTYLE

Wellness Day

Choose one health idea for your day. It could be to drink 8 glasses of water or to eat 5 servings of vegetables. Let's face it, there are endless health ideas and it's almost impossible to do it all. So why not choose one idea and see how you feel throughout the day.

Here are a few ideas (just choose one) :

- Eat a healthy breakfast
- Do 30 squats
- Walk for 30 minutes
- Call an old friend that you haven't talked to for a long time
- Choose to forgive people and not hold grudges
- Workout at the gym even if it's not your thing
- Smile as often as you can.
- Go a day without sugar
- Avoid saturated fat and hydrogenated oil
- If you are a smoker, smoke half of your daily amount
- If you are a drinker, have a spritzer instead of alcohol
- Plan to go to bed early enough to get a good 8 hours of sleep
- Plant some vegetable seeds to grow your own food
- Meditate for 10 to 15 minutes twice in the day
- Commit a random act of kindness
- Avoid red meat for a day
- Try an exercise class just for the heck of it
- Get out in nature and breathe the fresh air
- Book a therapeutic massage
- Try some positive self talk, focus on the good things about yourself
- Take time to read
- Learn a new joke and pass it on
- Love the day and be thankful

Recipe

Chickpea Filled Pita Pockets

Chickpeas

- 3 cloves garlic, minced
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon sea salt
- 1 teaspoon turmeric powder
- 1 teaspoon allspice
- ½ teaspoon ground ginger
- ½ teaspoon ground black pepper
- Pinch of cayenne pepper
- 3 tablespoons olive oil
- 2 cups chickpeas (or 1-15 ounce can, drained and rinsed)
- ⅓ cup thinly sliced red onion
- ¼ cup thinly sliced red pepper
- Pita
- 2 pita with pockets
- ¼ cup hummus
- 1 to 2 handfuls chopped lettuce
- Feta, optional
- Parsley, for topping



Preheat oven to 400° F. In a medium bowl, combine minced garlic with spices. Add in the olive oil and stir until well combined/paste has formed. Stir in the chickpeas, red onions, and red pepper, using a spatula to toss and coat. Transfer chickpeas to a roasting pan and cover with foil. Bake for 30 minutes until chickpeas are hot and onions are tender. Slice each pita in half and heat the pita until just warm enough they are pliable. Open the pocket and spread 1 tablespoon of hummus in each. Follow with a handful of lettuce and ¼ of the chickpea mixture. Repeat with remaining pita halves. Serve with extra hummus, parsley, and feta if desired.



Wellness can be a day by day process of implementing healthy habits into our busy lives. Below is a look at daily options for a relaxed approach to start your own wellness ways.

Time for a Mamogram

Whatever your age, you should know what is normal for your breasts and tell your doctor if you notice any changes. Once you reach a certain age, you can also go for screening mammography, a low-dose x-ray. Mammography is the most reliable method of finding breast cancer.

Research has shown that women who have mammograms regularly are less likely to have a false positive (when the test results suggest cancer when none is present). We also know that if you do have cancer, it is more likely to be detected when you have mammograms regularly.

Read more: <http://www.cancer>.

To book a mammogram, call 1-800-663-9203 or send us an email and a booking clerk will telephone you. The booking clerk will ask for the name of your health care provider and your BC Services Card/CareCard.



Tooth Enamel Warning

Lemon water is good for your body but recently an article talked about acids wearing away at tooth enamel. Many of the reports suggested that citrus was hard on teeth and may have a corrosive effect. I have been bothered by chipped enamel lately and I realized that my lemon and water regimen has most likely caused this problem.

Articles by the Dental Association have confirmed the correlation between citrus and corrosion. Suggestions for avoiding corrosion include;

- Drinking lemon water with a straw
- Do not brush teeth within 2 hrs of consuming citrus (abrasive)
- Eat some cheese or a bit of dairy after citrus to neutralize acidity

Tennis for Health

Tennis is often considered to be an excellent lifetime sport for health and longevity. It is a sport that involves both aerobic and anaerobic exercise. Tennis improves agility, balance, gross and fine motor skills, body coordination and bone strength. Enjoy fresh air, friends and a fun way to get fit. Some work places form a casual lunch time tennis league. Why not start your own group and break up the day with healthy play time.



Natural Remedies for Spring Allergies

Arm yourself with natural remedies to battle those annoying spring allergies. Here are a few tips;

- After being outdoors, change clothing and shower to remove pollen from your immediate surroundings.
 - Use a hepa filter in your vacuum and forced air system
 - Try using an air purifier
- Certain ingredients may help your body deal with the inflammation caused by allergies.
- Butterbur is often said to be even more effective than some allergy medications
 - Quercetin is a bioflavonoid found in citrus fruits, onions, apples, parsley and tea
 - Tumeric contains curcumin which is a natural decongestant
 - Local honey is thought to help

Avoid Accidents

Avoiding accidents is the very best thing you can do for your health. Here is a scenario to put this idea into focus. Angela rushed about her apartment making sure that she prepared a smoothie full of all the good things. She brushed and flossed, did a few squats and of course popped a few vitamins to ensure a healthy glow. She whisked out the front door with lunch bag in hand now feeling that she would be late for work. Driving slightly faster than normal she went over the check list in her mind of all the things she needed to do. It was during this distracted moment that the collision happened. The health of this young woman would now be altered for the rest of her life.

So as you can see, the many things we do to be healthy can be extinguished by careless activities. Be attentive when driving, riding and walking. Be careful about slips and falls in the bathroom, on stairs and ladders. Remember that electricity can be fatal if not used properly. Oh and don't forget to check batteries in your smoke detectors. Now go ahead and make that smoothie and eat those carrots. Just be careful not to choke!



To contribute ideas to the Wellness Newsletter please contact Sue Tompkins stompkins@comox.ca