

Whole Life Wellness Newsletter
from
Partnering For Change Wellness Coaching

Coaching you to your B.E.S.T. Life:
Balanced, Energized, with Stamina and Toxin-Free

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**New Council of
Elders Offers
Hope for
Humanity**

This summer, on his 89th birthday, Nelson Mandela assembled a "Council of Elders" dedicated to fostering peace and resolving global crises such as climate change, poverty and AIDS. The endeavor has been funded for three

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September is a time of change--- children are starting back to school in new grades, the summer is over and we are all adjusting to new schedules and routines, the environment is beginning to prepare for Fall and then winter hibernation. What better time to change the look of the newsletter? I am hoping that this new look will encourage you to slow down, take a deep breath, and feel a sense of peace as you learn something new to help you on your journey. If the new look doesn't do anything for you, please let me know. Peace.

Quinoa: A Near-Perfect Food

If you have never heard of, or tried, Quinoa (pronounced as, "ki : nwa"), now is the time to check it out. Most people think that it is a grain, but it isn't. Quinoa is a species of goosefoot grown as a crop primarily for its edible seeds, which is the Quinoa. Its leaves are also eaten as a leafy vegetable, much like



amaranth. Nutritionally, it has a **very high protein content** of 12%-18% and supplies all **8 essential amino acids** needed for a "complete protein". It is also a good source of dietary fiber, phosphorus, magnesium, and iron, and is gluten free and considered easy to digest.

Quinoa is easy to prepare, has a light, fluffy texture when cooked, and has a mild, slightly nutty flavor. A common cooking method is to treat Quinoa much like rice, bringing 2 cups of water to a boil with 1 cup of grain, covering at a low simmer and cooking for 14-18 minutes. The cooked germ looks like a tiny curl and should have a slight bite to it like "al dente" pasta. You can add vegetables and seasonings; use it as a high-protein breakfast food mixed with honey, almonds, or berries; and toast it to use in granola or as a snack.

You can buy Quinoa at Whole Foods and Traders Joe's, health food stores such as Duck Soup Coop, and possibly at grocery stores like Jewels, Dominicks, or Meijers. It is available in boxes like rice.

years and includes nobel Peace laureates and leading statesmen such as President Jimmy Carter and Bishop Desmond Tutu. [Click Here \(www.theelders.org\)](#) to see short videos of each of these phenomenal Elders as they speak at the Council. It is a hopeful and inspirational experience to hear the Elders talk about the efforts being initiated to heal the world.

A Daily Dose of Pistachios Protects Your Heart

Studies continue to show that nuts, which are low in saturated fats and high in healthful mono-unsaturated fats, can cut both total and LDL ("lousy") cholesterol. Pistachios, in particular, should be on your list if you want better HDL ("healthy") cholesterol. Pistachios not only can boost HDL, but also can move cholesterol ratios in positive directions when the nuts are used as a replacement for high-fat snacks. Finally, they contain cardioprotective nutrients such as magnesium, potassium, and copper.

Biofeedback Can Change Your Life

Has anyone ever said to you "Relax!" If they have, you know that it's sometimes easier said than done. Try as you may, it isn't always easy to "chill out".

Research is finding that biofeedback can be the answer to helping people find inner peace and health. In addition, it gives you the added benefits of: lower blood sugar and blood pressure; reduced pain; relief from anxiety, panic, and depression; and enhanced performance in areas such as sports, taking tests, giving speeches, and work. So, the technique is beneficial not only for people who want to prevent disease, but also for helping in the treatment of type 2 diabetes, hypertension, arthritis, back pain, and other illnesses. Biofeedback decreases cortisol, the stress hormone that is, among other things, linked to insulin resistance. The technique works by helping you learn how your body reacts to stress so you can "head stress off at the pass" and prevent cortisol from accumulating. Once you've learned the technique, it's yours for life, and it works.

One form of biofeedback is the **HeartMath Technique** that helps you learn how to react to change and stress differently to improve your life and protect your health. It is an easy, quick and effective technique with tons of research that indicates its effect on our physiology.

[Click Here \(www.partneringforchange.com\)](#) to learn more about **HeartMath**, the biofeedback technique, and begin your journey towards peace and health.

Diet Mistakes: 6 Reasons You're Not Losing Weight

Are you dieting and not losing weight? More than likely, some common diet mistakes are tripping you up. The truth is that even when you're "on a diet", you may be eating a lot more calories than you think.

The first thing to do is to stop thinking about dieting. Instead, take a look at those everyday habits that could be causing weight gain. You might not realize just how quickly calories can add up. Eating while cooking, starting each day with a high-calorie coffee drink, finishing off the kids' plates at dinner, or having one too many glasses of wine are just a few of the sneaky habits that sabotage weight loss efforts. Here are some common diet mistakes people make. See if any of them sound familiar to you.

Mistake #1: Racing to the Finish

Our hectic schedules have led many of us to adopt the unhealthy habit of rapid eating. Slow down. Savor your food, taste every bite, and get the signal of fullness before overeating.

Note: Make sure that your pistachios are unroasted and unsalted!

QUICK LINKS

[Partnering for Change Web Site](#)

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[Complimentary Coaching Session to Begin Achieving YOUR fitness goals](#)

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[Wellness Resources: including archived newsletter/articles](#)

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[Wellness and Stress Self-Assessments](#)

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[Bio for your coach, Rebecca Cohen](#)

Quinoa and Two Bean Salad

Salad:

1 1/2 cups frozen cut green beans
1 1/3 cups water
3/4 cup uncooked quinoa, rinsed and drained
1 can (15 ounces) cannellini beans, drained and rinsed
1/4 cup sliced green onions

Mistake #2: Skipping Meals

Breakfast skippers weigh more than breakfast eaters. Most people who eat fewer than 3 meals usually end up eating more calories during the course of the day. Always start your day with a healthy breakfast and select your foods carefully.



Mistake #3: Too Many Liquid Calories

Liquid calories from alcohol, smoothies, coffee with cream and sugar, sweetened juices, and sodas all contribute to weight gain.

Mistake #4: Mindless Eating

When you unknowingly put hand to mouth while watching TV or reading a book, calories can add up. Try to get out of the habit of always eating something while you are sitting and relaxing. Try a cup of tea, glass of water, or chew a piece of sugarless gum.

Mistake #5: Oversized Portions

We are getting use to huge portions and don't realize how many calories we're getting. Use smaller plates, leave some food on your plate, ask for a doggie bag and put half you food in the box before you eat so you aren't tempted to eat it.

Choosing the Right Exercise for YOUR Body

Many people engage in aerobic activities to improve their health status, reduce disease risk, modify body composition and improve all-around physical fitness. Before you select your exercise mode, consider the following points to help you optimize your energy expenditure and keep yourself safe:



1. Select an exercise mode that allows you to vary the intensity:

Choose a mode of exercise that can be adjusted or graded to overload the cardiorespiratory system. For instance, you can make treadmill walking more challenging if you increase the treadmill grade; increase the intensity of cycling by increasing the pedaling resistance; boost the step aerobics workout intensity by adding a step riser .

Dressing:

3 tblsp. lemon juice
2 tblsp. olive oil
1 tblsp. chopped fresh
or 1 tsp. dried basil
leaves
salt to taste
1 clove garlic, finely
chopped
a few drops red
pepper sauce
(optional: to taste)

Stir together green
beans, water and
quinoa. Heat to
boiling. Reduce heat;
simmer 12-15 min. or
until water is
absorbed. Remove
from heat. Cool 10
min. In bowl, mix
cooked
quinoa mixture,
cannellini beans and
onions. Cover;
refrigerate until
chilled. Mix all
ingredients for
dressing; shake well;
just before serving
pour over salad.

Makes 6 servings; 227
calories per serving;
9g protein; 33g carbs;
6g fiber; 6g total fat;
1g saturated fat;
100mg calcium; 0g
cholesterol.



2. Know the benefits of each kind of exercise:

For example: some exercise modes help you work muscles in the upper and lower body, such as swimming and rowing, but you will expend more calories if you run because it engages more muscle mass. On the other hand, swimming puts less pressure on the bones and joints than running so you may expend just as much energy because you will be able to exercise for a longer period of time.

3. Non-Weight Bearing versus Weight Bearing Modes: Cycling and recumbent cycling are popular non-weight bearing exercise modes, whereas walking and jogging are popular weight bearing exercises. The benefits of weight bearing activity are that you will expend more calories, and it helps to maintain bone mass and prevent osteoporosis. However, there is less trauma to the muscles and joints with non-weight bearing exercise and heart rate is often lower so you may exercise longer.

In addition, when selecting a mode of exercise consider personal interest, equipment and facility availability, physical needs, injury risk and fitness goals. Not all modes of exercise are comparable in terms of calorie expenditure and safety so you need to plan before you begin.

Rebecca Cohen, Certified Lifestyle and Wellness Coach

Partnering for Change Wellness Coaching

P.O. Box 265

Sycamore, IL 60178

web: www.partneringforchange.com

email: rcohen@partneringforchange.com

phone: #815-895-9389

[Forward email](#)