

## July 2010

Happy Fourth  
of July!

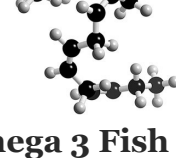
## In this newsletter:

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## Featured Product

Omega 3 Fish Oil  
(lemon flavored)

This natural fish oil is molecularly distilled and manufactured in Norway under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants (i.e. mercury, heavy metals, PCB's, dioxins, and other contaminants).

Studies have shown that consumption of Omega-3 fatty acids may reduce the risk of coronary heart disease. Other studies have also suggested that Omega-3 may also improve your memory, focus, and relieve joint pain.

Cost: \$14.50

Size: 7 oz



## From the Clipboard

— Notes from your Favorite Personal Trainer

## Should You Be Sore From Exercise?

Anyone who trains with me will tell you the answer is yes but a better answer is you should have a "just right" amount and type of soreness.

When you first start exercising your goals are to improve flexibility, begin working muscles that might not get used often enough—not to hurt yourself. Too much muscle soreness is very hard on your body and can even be dangerous—resulting in a pulled muscle or tendon.

There are a few simple ways to check whether you're overdoing things.

1. Only the muscles that were worked should be sore. Not your entire body.
2. Soreness immediately after exercising is a sign you could be overdoing it.
3. How long does the soreness last? If it does not start getting better after 2-3 days you need to stop exercising until you have recovered.

If you find yourself too sore after a workout, lighten up some of the weights and take out a few of the exercises. On the other hand if your workouts are leaving you consistently bored and "soreless," try switching things up or call in the professionals to kick things up a notch. Experiment with your workouts until you find what works for you.

Glenn

## What Does a Hair Analysis Show?

Amanda Buffington, Doctor of Chiropractic

[Whole Health Chiropractic](#)

Hair analysis will tell patients a lot about their physiology. You can discover whether you have an excess or deficiency of Magnesium, Sodium, Potassium, Calcium, Zinc, and Copper. The presence of toxic metals such as aluminum, cadmium, and mercury can also be shown.

The results of this type of test can explain a lot about why someone is struggling with symptoms ranging from migraines, and insomnia to constipation, and restless leg syndrome. Rather than using trial and error, hair analysis is an affordable and efficient way to take the guesswork out of what your body needs.

The results of this test let you know exactly what nutrients and supplements your body needs—and those you don't. This information helps you feed your body properly, since food-based nutrition is the best way to solve most problems. So do not waste time and money trying to guess what vitamins and minerals you need, instead rely on a professional and get a hair analysis done.

[Amanda Buffington](#), Chiropractor

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Colin's  
TipThe *How* Matters  
Colin Welsh, Personal Trainer

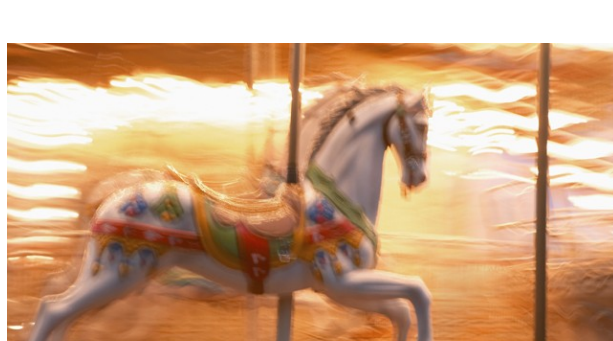
It is not only what you eat but "how" you prepare your food that is important. Prepare foods by roasting, grilling, steaming or baking instead of frying and microwaving. Summer is a great opportunity to grill out. Throw on some lean meats and fresh summer vegetables for a great, healthy meal.

## Crazy Diets

Eileen Vollmer, Nutrition Consultant

## A little quiz for you: What do all these have in common?

- Eat candy to suppress your appetite
- Drink homemade lemon juice made w/maple syrup and cayenne pepper
- Grapefruit for breakfast, lunch and dinner
- Eat as many cookies as you want, but only one meal per day
- Ingest a tapeworm egg (so you can eat for two!)
- Cabbage soup for seven days
- Be heavily sedated for seven days and wake up thinner
- Be injected with a hormone from the urine of pregnant females and eat 500 calories per day



## Answer: They are all crazy diets!

Ayds Candy, The Master Cleanse, The Grapefruit Diet, The Cookie Diet, The Tapeworm Diet, The Cabbage Soup Diet, The Sleeping Beauty Diet, and the resurrected HCG Diet, which is the latest diet darling because it promises weight losses of 1-1.5 pounds per day. Don't believe it! There are no shortcuts to weight loss. Real, lasting weight loss will take patience, forbearance and that D word—Discipline.

Lose weight the healthy way—by nourishing your body with a variety of REAL foods, exercising daily in some fashion, and getting the support you need to set yourself up for success. The Diet-Merry-Go-Round will only make you very dizzy!

[Eileen](#)

## Recipe of the Month

Rebecca's Pasta With Ricotta and Heirloom Tomatoes

From: [Real Simple Magazine](#), by [Rebecca Miller](#)

## Ingredients

- 2 pounds heirloom or other tomatoes, cut into bite-size pieces
- 1/4 cup chopped mixed fresh herbs (such as chives, flat-leaf parsley, basil, and tarragon)
- 1 tablespoon fresh lemon juice
- 1 tablespoon olive oil
- kosher salt and black pepper
- 12 ounces whole wheat penne (3/4 box)
- 2 tablespoons pine nuts
- 1/2 cup ricotta



Katherine Wolkoff

## Directions

Heat oven to 400° F. In a large bowl, combine the tomatoes, herbs, lemon juice, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Let stand, tossing occasionally.

Meanwhile, cook the pasta according to the package directions. Reserve 1/2 cup of the cooking water, drain the pasta, and return it to the pot.

Spread the pine nuts on a rimmed baking sheet and toast in oven, tossing occasionally, until golden, 5 to 6 minutes.

Toss the pasta with the ricotta, Parmesan, and enough of the reserved pasta water to create a creamy sauce. Top with the tomato mixture and pine nuts. Serve with more Parmesan, if desired.

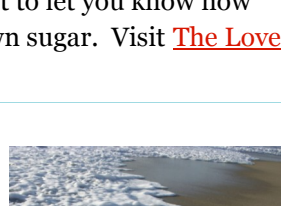
Serves 4.

## Correction

Oops. Last month we gave you a granola bar recipe, but forgot to let you know how much brown sugar to use. The recipe calls for 1/4 cup of brown sugar. Visit [The Love of Cooking Blogspot](#) for the complete recipe.

## Coming up...

- Stay tuned for the unveiling of our new website.
- Meet our newest personal trainer— Beth Baughan



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