

# A Company for Women Newsletter



## Special features in this issue:

- Today's tips on a healthy pregnancy diet
- Today's tips on hormonal balance and a healthy diet
- Today's three healthy recipes

## Welcome to A Company for Women Newsletter

We hope that you will enjoy reading our new monthly newsletter. It will provide you with important information regarding your health, recipes for special diets, suggestions how to improve your wellbeing, and updates on the most recent findings in women's health. In each issue we will bring you special features that will benefit your general wellbeing, lifestyle, diet and will tell you about the latest ideas in functional medicine and preventive care.

We certainly hope that you will enjoy our newest endeavor and will give us suggestions about what you would like to read here.



Delighted to be a part of your journey to a better health, we hope that our newsletter will be a trusted and preferred companion every month.

**A Company for Women**

**"Opportunities? They are all around us... There is power living latent everywhere waiting for the observant eye to discover it."**

Marden, Orison Swett

**"Begin doing what you want to do now. We have only this moment, sparkling like a star in our hand - and melting like a snowflake."**

Marie Beyon Ray

## Diet, Lifestyle and Health



One of the important lines of contemporary medical research is the scientific study of the effects which diet and lifestyle choices have on the state of our health. Among our goals is to bring to your attention aspects of this research and to inspire your decisions to make changes that you feel can benefit you and your family. In this section of our Newsletter you will find useful tips and recipes that can facilitate your adjustments.

We all know that our lifestyle and our diet have a direct impact on our health. Often, however, it feels so much easier to buy a frozen dinner and put it in the microwave than to plan a healthy meal and cook for the family. We stand in the store facing the unlimited variety of potato

chips or frozen pizzas and try to convince ourselves that we will get that big bag or pizza for one last time. Tomorrow (or on Monday or on our next birthday or at the beginning of the New Year) we will start the healthy diet.

If these thoughts sound familiar, our Newsletter will be a good companion in your next trip to the supermarket. Because it will convince you to skip that "last" bag of potato chips (or tortilla chips or caramelized popcorn) and to make a few steps to a section where you will find the inspiration to prepare some lovely alternative and delicious snacks and meals.

### Our Five Tips for Your Healthy Pregnancy Diet

- ✚ Protein foods, such as meat, fish and dried beans are crucial for your baby's growth.
- ✚ Try to make complex carbohydrates a staple in your everyday diet. Good source of complex carbs are brown rice, beans and peas and green vegetables.
- ✚ Drink plenty of water during the day.
- ✚ Try to limit your intake of fats. Use as much as possible extra virgin olive oil instead of butter.
- ✚ Lean meat and fish are important sources of proteins for your growing baby.

### RECIPE

#### Roasted Cauliflower

Cauliflower is a cruciferous vegetable. It has low glycemic index carbohydrates and can be a very pleasing side dish to meats and fish.

#### Products

- 1 big piece of cauliflower cut in small florets
- 2 tsp. olive oil
- 1 tsp. oregano
- Red pepper flakes
- 1 Tbsp. sesame seeds
- Salt and black pepper

#### Preparation

1. Mix the oregano, red pepper flakes and black pepper.
2. Rub the mixture over the cauliflower florets and add a little salt.
3. Line a baking dish with a sheet of baking paper and put the florets inside.
4. Roast at 200° C and stir occasionally.
5. 10 minutes before it is done, sprinkle the sesame seeds.

## RECIPE

### Mediterranean Salad

Salads are wonderful starters for every meal. They are eye-pleasers, they give a boost to your immune system and you can enjoy them in different sorts and varieties depending on your personal preferences and nutritional requirements. For pregnant ladies, adding an avocado to a salad will increase your daily intake of folic acid. For ladies in their prime years, the more vegetables you include in your salad, the more your appetite will be satisfied. This is one version of an old favorite.

#### Products

A mixture of your favorite salad leaves – baby spinach, rocket, baby romaine lettuce, watercress

2 spring onions, sliced

2 springs of dill and/or parsley, chopped

A handful of cherry tomatoes or one big sliced tomato

A few florets of broccoli

1 cucumber, sliced

1 avocado, sliced

Several cubes of feta cheese (optional)

#### Dressing

2 tsp. extra virgin olive oil

The juice of ½ lemon or a dash of balsamic vinegar

1 tsp. salt

#### Preparation

Mix all ingredients in a big bowl where it will be easy to toss the salad when you add the dressing.

Add the dressing and enjoy the salad.



### Your Diet, Lifestyle and Hormonal Balance

- ✚ For women who are estrogen dominant, the increased intake of cruciferous vegetables like broccoli, cauliflower, kale and salads can help restore the balance.
- ✚ Beans and seeds are a good source of fiber which helps maintain your desired weight.
- ✚ If you have not exercised in a while, start with short brisk walks early in the morning or late in the afternoon. They will become a favorite part of your day.

## RECIPE

### Roasted Spicy Vegetables

#### Products

2 zucchini, sliced

3 red bell peppers, seeded and cut in chunks

2 tomatoes, sliced in half

2 red onions, sliced

4 tbsp extra virgin olive oil

3 cloves of garlic, chopped

1 green chili pepper, thinly sliced

1 tsp cumin

1 tbsp parsley, cut

Lemon, black pepper, salt

#### Preparation

Mix the vegetables with the cumin and 2 tbsp of olive oil in a pan. Roast them in the oven for 25-30 min at 200°C. Mix the remaining 2 tbsp of oil with the garlic, chili and parsley. Pour over the vegetables and serve hot with slices of lemon.