

MAY 2022 // IYAR 5782 // ISSUE 76

# WELLSPRING

THE HEALTH MAGAZINE FOR THE JEWISH FAMILY

## Spring Has Sprung

8 My Table contributors share the dish that encapsulates this season for them



**Culinary Toolbox**  
With the Vitamix, you can make the silkiest corn soup ever—in 8 minutes

Since Har Sinai

Rabbi **Zecharia Wallerstein** zt”l left a legacy for Torah-guided emotional healing

**Beautiful Inside and Out**

Wellness coach Miriam Carr helps every woman feel this way

**The Kiddush**

Finally, a good-for-you cheesecake that tastes amazing—and streusel-topped cheese muffins too

**Tears of Joy**

Would I ever be able to see again?

**Gone Since I Had COVID**

Tips on restoring the senses of smell and taste

**Crank Up the Temp**

Do heated workouts yield better results?

**Ask the Nutritionist**

The scale isn't budging

**Libby in the Lab**

Which alternative treatment works best to alleviate headaches?

**FYI:**  
Hair Loss

US \$9.99 // CALIFORNIA \$7.50  
CANADA \$8.99 // UK £5.50  
EUROPE €6.50 // ISRAEL ₪24.9



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