



**LIBBY IN
THE LAB:**

Will her sourdough experiment yield
edible results?

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WELLSPRING

THE HEALTH MAGAZINE FOR THE JEWISH FAMILY

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on the subject



**FRESH &
FLAVORFUL**

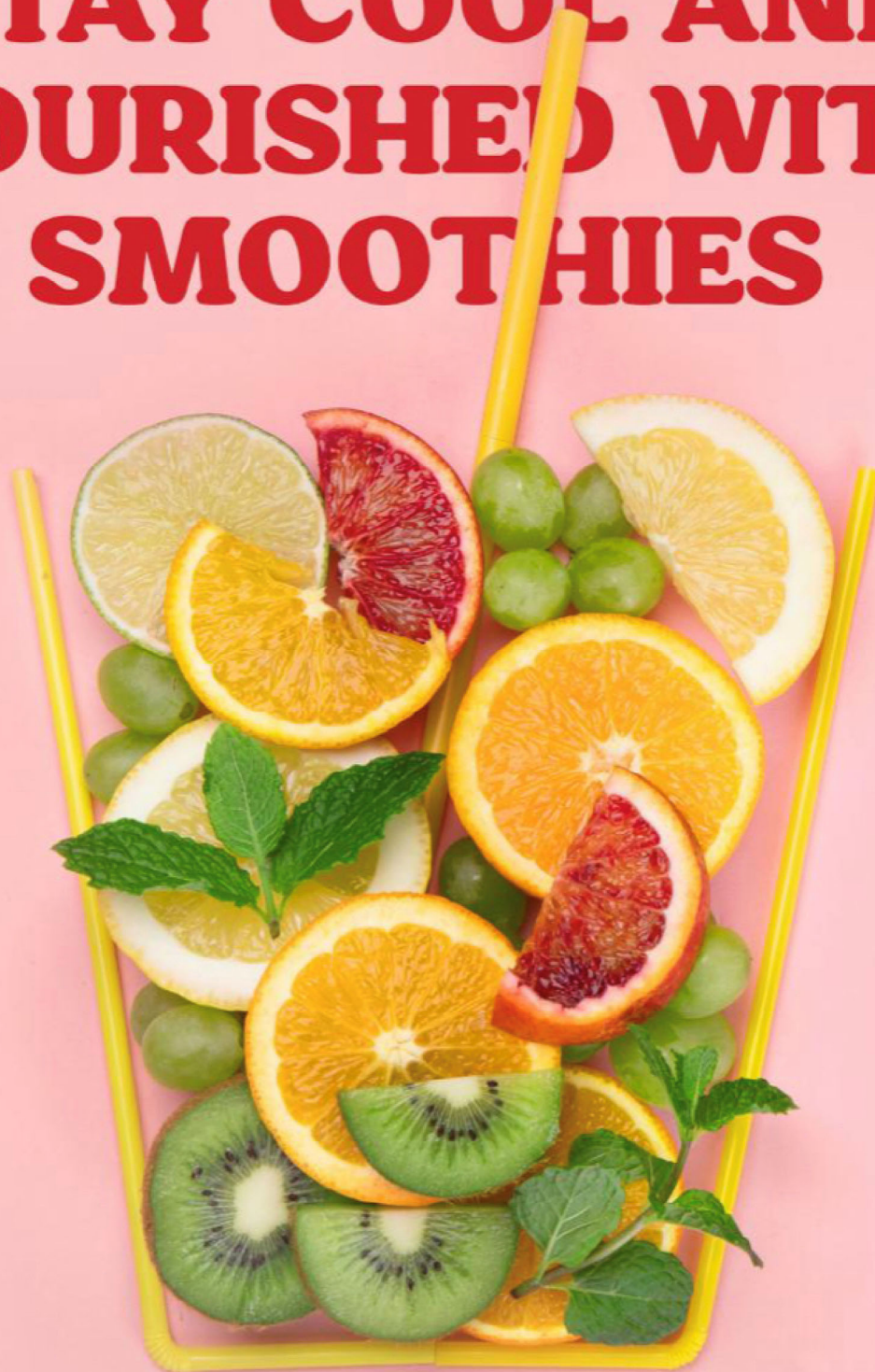
Weeknight dinners
that say, "Summer!"



DOES A LIGHT CASE OF COVID-19 GENERATE
lasting antibody protection?



STAY COOL AND NOURISHED WITH SMOOTHIES



6+ NOTEWORTHY COMPONENTS

By Esti Asher, MS, RDN, LD

Smoothies are a great way to keep cool and add nutrient-dense ingredients to your day. They are delicious, versatile, kid-friendly, and quick to prepare. Looking for an on-the-go breakfast or snack? Be sure to include a protein along with the fruit, and you have a fantastic option for both kids and adults. Want to go for the gold and include even more nutrition? Try adding a mild-tasting vegetable as well.

While the possibilities for smoothie ingredients are endless, here are 6+ noteworthy smoothie components.



Bananas

Perhaps the most popular go-to smoothie ingredient, bananas add a great texture and natural sweetness to a smoothie, while packing a great nutritional punch with their high potassium content. For the most delicious taste and texture, it's best to add bananas frozen. If you have bananas that are very ripe and turning brown, peel them and store them in your freezer to have on hand when it's smoothie-making time.



Frozen cauliflower

For an added layer of richness and nutrition, try blending some frozen cauliflower into your smoothie. While its flavor is mild, its effect on texture is extraordinary. Cauliflower is an all-around winner with low calories and high nutrients such as fiber, vitamin C, and antioxidants, to name a few.



Greek yogurt or nut/seed butter

So much focus goes into choosing the fruits for the smoothie that the protein often gets overlooked. Including a protein such as Greek yogurt transforms a smoothie from a fruit drink to a well-rounded snack or meal component. Incorporating nut butters such as peanut butter or almond butter, or seed butters such as sunflower seed butter is a great way to add protein too.



Green vegetables

A little more adventurous, but worth trying! Mild green vegetables such as cucumber, baby spinach, celery, or zucchini may be a surprisingly pleasant addition to your smoothie. They add a lot of nutrients and their flavor is usually overpowered by the sweetness of the smoothie.



Spices and herbs

A pinch (or more) of spices and herbs can make all the difference in bringing the flavor (and nutrient) profile of your smoothie to the next level. Explore incorporating ingredients such as vanilla, cinnamon, nutmeg, ginger, cardamom, turmeric, or mint to your smoothies.



Oats, nuts, and chia seeds

To amp up your smoothie's texture and personality, try adding some oats or nuts before blending, or chia seeds after blending.

Want to prevent type 2 diabetes?

Help lower your risk by eating whole grains.

Historically, lower consumption of carbohydrates has been recommended to decrease one's risk for type 2 diabetes. However, there are different types of carbohydrates, including refined carbohydrates (such as cookies, cake, white flour, white rice) and complex carbohydrates (such as whole grains, fruits, and some vegetables). A research team lead by Kim Braun, PhD, from Erasmus University Medical Center and Harvard T.H. Chan School of Public Health, studied whether the type of carbohydrate one consumes affects type 2 diabetes risk.

Researchers analyzed data from three different studies in the United States, combining a total of over 200,000 participants. Almost 12,000 new cases of type 2 diabetes were diagnosed among the participants during the time period the studies took place.

The conclusion of the data analysis included a correlation between consumption of high-quality carbohydrates (mainly whole grains) and reduced risk of type 2 diabetes, indicating that it's worthwhile being mindful of the type of carbohydrates we consume.

Higher cognitive function later in life?

Increasing leafy greens and a lowering red meat intake may be key.

Researchers at the University of Edinburgh conducted a study in which they tested the thinking skills and range of memory of more than 500 people, who were on average 79 years old and without dementia. Tests conducted included problem-solving, memory, word knowledge, and thinking speed. Researchers also assessed participants' eating habits by providing them with a food-frequency questionnaire.

Researchers found that individuals who primarily followed a Mediterranean-style diet (specifically high in green leafy vegetables and low in red meats) had higher cognitive function scores.

Over 350 of the 500 participants had their brain structure studied via MRI scan. Interestingly, the physical health and structure of the brain did not vary between participants, despite the difference in cognitive function. ♥

Esti Asher, MS, RDN, LD, is a Registered Dietitian Nutritionist and Self-Care Enthusiast on a mission to help women reach their ultimate health and wellbeing potential inside and out. She shares credible, clear, and inspiring nutrition information with women via her virtual private practice. To contact Esti with feedback or inquiries regarding her nutritional services, please email her at: esti@estiashernutrition.com or visit estiashernutrition.com.