

NOVEMBER 2021 // KISLEV 5782 // ISSUE 70

WELLSPRING

THE HEALTH MAGAZINE FOR THE JEWISH FAMILY

Emerging from My Darkness

6 women speak of their struggle—and victory—with depression

Exclusive contribution by Zahava List of Chazkeinu

Build-A-Burger

Fabulous concept for bringing fun and flavor to your family party

Skewers for Days

Who can say no to food on a stick?

Before You Binge

Shira Savit's guide for when you see that donut spree coming

That Shining Light

6 tips for modeling a healthy relationship with food

TO BE A LAMPLIGHTER

When and how to dispense health-related advice that will spark gratitude and hope

Sinuses Acting Up Again?

Everything you need to know about sinusitis and its treatment

Is It Really ADHD?

How Avigail Gimpel helps parents of diagnosed children turn their lives around

Experimenting with Beans, Seeds, and Lentils

Libby's sprouting adventures—and the health benefits of the process

My Table

How do you incorporate your favorite oil in your cooking?

Miracle Nation

The Chanukah candles remind us of our logic-defying essence

Why Am I So Constipated?

Tamar Feldman on the topic



DIY Naturally scented hand cream

US \$6.99 // CALIFORNIA \$7.50
CANADA \$7.99 // UK £5.50
EUROPE €6.50 // ISRAEL ₪24.9



GREASING THE SYSTEM



What you
need to know
about 6 of the
most common
types of oils

By Esti Asher, MS, RDN, LD

Whether in our menorahs or menus, oil enjoys its moment in the spotlight on Chanukah. With so many varieties available, it can be confusing to know which oils may be beneficial to our health and the ideal use for each kind.

The following are six of the most common types of oils, their health benefits, and suggestions for use.



Olive

One of the most common types of oil, olive oil is a superstar in the nutrition arena. Extra virgin olive oil undergoes the least processing and may therefore be highest in nutrients. Olive oil is rich in monounsaturated fats and antioxidants and is commonly used raw, such as in dressings and marinades.



Avocado

Rich in monounsaturated fats, antioxidants, lutein, and vitamin E, avocado oil may be good for eye health and heart health, among other benefits. It has a very high smoking point, which makes it an ideal candidate for frying and high-heat cooking methods.



Canola

Canola oil is made from crushed canola seeds and contains one of the highest amounts of alpha linolenic acid (ALA), an omega-3 fatty acid, than any other oil. ALA must be consumed in the diet because the body cannot make it on its own. This nutritional component is suggested to be cardioprotective and may decrease one's risk for hypertension, high cholesterol, and inflammation. Due to its neutral flavor and high smoking point, this versatile ingredient is a great choice for baking, sautéing, and stir-frying.



Sesame

Sesame oil can be made from either raw or toasted sesame seeds. Raw seeds result in a lighter color and more neutral flavor, while the end product of toasted seeds is a richer, nuttier taste and darker color. Nutritional benefits include polyunsaturated (heart healthy) fatty acids, antioxidants, vitamin E, and phytosterols. Research suggests that sesame oil may help reduce inflammation, prevent sun damage, and be cardioprotective. Sesame oil is a popular ingredient within Asian and Middle Eastern cuisines.



Coconut

Solid at room temperature, coconut oil is mainly a saturated fat. Most health claims for coconut oil are based on the medium-chain triglycerides, which may be easier to digest due to their shorter chemical structure. Since coconut oil found in most stores has typically undergone processing, there are different opinions regarding its health benefits. However, it is also popularly used as a skincare product for facewash, moisturizer, makeup remover, hair conditioner, and more.



Walnut

This ingredient includes many nutritional components such as vitamin K, vitamin E, selenium, choline, phosphorus, and zinc. Benefits may include heart health, improved memory, and healthier skin. It has a deep, nutty flavor, and because of its lower smoking point, walnut oil is best used raw such as for dressing a salad.

Reduce Blood Pressure with Yogurt

Elevated blood pressure is a common diagnosis as people age. An active lifestyle, balanced diet, and stress-relieving activities are all examples of behaviors that may help lower blood pressure. A new study suggests that eating yogurt on a daily basis may also be beneficial.

The recent study, published in the *International Dairy Journal*, suggests that regularly eating a yogurt can help decrease blood pressure for the elderly population with high blood pressure. The study included 915 participants, with an average age of 62. Interestingly, those with healthy blood pressure levels did not see a decline when implementing the same habit.

FDA Aims to Reduce Sodium Levels among Commonly Consumed Foods

Sodium intake among Americans is well above the recommended amounts for optimal health. High sodium consumption is related to high blood pressure, which may be a leading cause of heart attacks and strokes.

The main contributor toward sodium in the diet is not the saltshaker, but rather processed foods. The FDA is asking food manufacturers to voluntarily reduce the amount of sodium in their products by an average of 12 percent. Food categories include meats, cheeses, snack mixes, pickles, and chips, among others. It is speculated that making these changes will help prevent hundreds of thousands of deaths and illnesses over the next few years. ♥

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.