

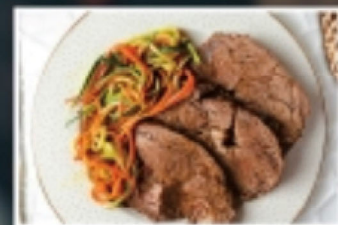
THE Center Spirit

ניסן תשפ"ב - APRIL 2022

**BEHIND THE
SCENES AT BORO
PARK CENTER
HOUSEKEEPING**

**MATZAH THINS
INSIDE CHAREIDIM
MATZAH BAKERY**

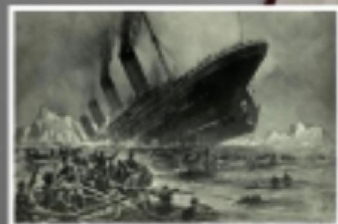
**HAIR AND MAKEUP
TIPS AND TRICKS
BY HAIR + BLUSH**



**PESACH MEATS
FIT FOR ROYALTY**
BY CHARNY KOHN

**PESACH AND
NUTRITION**
BY SURI SPREI

**SPLITTING THE SEA
3 PERSPECTIVES
ON THE WORLD OF
SHIDDUCHIM**



THIS MONTH IN HISTORY

THE TITANIC

RMS Titanic was a British passenger liner, which sank in the North Atlantic Ocean on 15 April 1912 after striking an iceberg during her maiden voyage from Southampton, UK, to New York City.

A PROJECT OF



Tips from a Dietitian to Help You Feel Lighter and More Energetic this Pesach

By Esti Asher, MS, RDN, LD

Although filled with beauty, family bonding and a lot of other positive factors, oftentimes Pesach meals may leave us feeling uncomfortably full, heavy and lethargic. Beyond the foods and shiurim that we are obligated to eat, (speak with your Rav regarding any questions you may have about shiurim, etc.) we have the ability to choose foods and engage in behaviors that can help us reach our goal of feeling lighter and more energetic.

If you love macaroons and matzah pizza or have a nostalgic connection to rainbow cake and matzah brie, have no fear. I am not here to tell you to avoid any foods, but rather to choose your meals and snacks wisely. Not only is the food we eat connected to how we feel, but also additional habits, behaviors and nuances of when we eat our food have an impact on our energy levels and beyond.



Esti Asher, MS, RDN, LD is a Registered Dietitian Nutritionist and member of the Nutritional Advisory Board of Wellspring Magazine. Esti is passionate about helping 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. Esti's kind and positive approach not only benefits her clients, it also often has a positive ripple effect on their loved ones. To contact Esti with feedback or inquiries regarding her nutritional services, please e-mail her at: esti@estiashernutrition.com or visit estiashernutrition.com.

Disclaimer: The information in this article is for informational purposes only. This article is not meant to be used as Medical Nutrition Therapy and thus is not intended to diagnose, treat, cure, or prevent any health conditions. Please consult with your physician if you have specific questions regarding your health.

Each individual's body reacts differently, but the following are 6 tips that usually have a universally beneficial outcome! Try them out – your digestive system and overall wellbeing will thank you!

1 Increase your physical activity. Whether this means taking a walk after meals or planning Chol HaMoed trips that involve you being on your feet, moving your body will help the efficiency of your digestive system and may also help you feel lighter and more energetic.

2 Drink a lot of water. This is a common tip that is helpful in just about every area of our health. Drinking enough water has so many benefits, including an increase in energy and helping to flush out and clean your system. Aim to drink the amount of ounces that equals half of your body weight.

3 Emphasize fruits and vegetables. The high water and fiber content of fruits and vegetables helps prevent bloat and heaviness, leaving you feeling lighter and more satisfied. Eating an increased amount of fruits and vegetables also means that you will, by default, eat less of the processed and heavy foods that can zap us of our energy and may negatively impact our health.

4 Include protein in your meals and snacks. Making sure to include protein when you sit down to eat – whether for a meal or a snack – will help with satiety. When we feel satisfied, we are less likely to eat bigger portions of foods that are high in fat and sugar and may consequently result in us feeling more energized and lighter on our feet.

5 Try to minimize eating after dinner or late at night. Eating late usually leaves us feeling uncomfortably full both at night and the following morning. If you do not wake up feeling hungry for breakfast, then you probably ate too much, too late, the night before.

6 Sleep. Do not underestimate the value of getting enough sleep. With busy days and nights leading up to Pesach being a common occurrence among many of us, we may go into Pesach feeling tired and sleep deprived. Make an effort to rejuvenate and sleep enough (via a good night's sleep or even naps to catch up, if your schedule allows). The amount of sleep that we get has an effect on our body in many ways, including our hormone levels; not enough sleep can definitely leave us feeling tired and lethargic. A boost in sleep is sure to lead to a boost in energy. ■