



BLACK FAMILY DEVELOPMENT, INC. HEALTH & WELLNESS NEWSLETTER

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RECIPE OF THE MONTH

Crockpot Chicken Fajitas

INGREDIENTS

4 boneless, skinless chicken breast
3 bell peppers, thinly sliced
1 Onion thinly sliced
1(14oz) can diced tomatoes
2 tsp. cumin
½ tsp. red pepper flakes

FOR SERVING (OPTIONAL)

Tortillas
Guacamole
Salsa
Sour Cream
Shredded Cheddar

DIRECTIONS

Place Chicken, bell pepper and onions in slow cooker then pour over diced tomatoes. Season with cumin red pepper flakes Cook for 6 hours or until chicken is done.
Remove chicken from slow cooker and slice into strips. Serve on tortillas.

Success Stories:



My name is Starnita Jones (Star). I began my weight loss journey three years ago and I have lost a total of 130lbs. I started with changing the way I eat and going to the gym five days a week for an hour and a half.
(Share your success story)

Fitness & Wellness Challenge:

Join Black Family Development, Inc. as we challenge ourselves each day this month to make small changes – both physically and mentally – to create gains for our overall health and wellness. Each day of the week will have a theme for the type of activity we'll be asking you to do. So get ready for **#MindfulMonday**, **#TastyTuesday**, **#WorkplaceWednesday**, **#ThoughtfulThursday**, **#FitnessFriday**, **#StressFreeSaturday**, **#SleepWellSunday**.

Wellness Programs:

HEALTH & WELLNESS

*Health Assessment – Assist you by identifying your risk areas so you can better manage your health. Just complete the questionnaire, read the results and take action.

* How to shop for healthy foods – A registered dietitian shows you how to shop for healthy foods.

*Call the 24 hour nurse hotline – Knowledgeable and registered nurses can answer your questions about where to go for care, treatment, symptom management and more.



**Have a safe and
Wonderful Holiday!**

* Digital Health Assistants - Coaching programs help you set small achievable goals so you can eat better, exercise, lose weight, conquer stress, quit tobacco or be happy.

Source-bcbsm.com

Book of the Month:

Check out some books of the month

- **Liquid Vitality- Author: Chef Gio Angelo**-Offers a variety of fruit infused water recipes for those who struggle with drinking plain water all the time.
- **Switch on Your Brain- Author: Dr. Caroline Leaf** -We all want to be more at peace, to be happier and healthier, but we often don't know how to go about it. Everything we try seems to fall short of true change.

Heathy Facts:

Fructose in Fruit vs. Fructose in High Fructose Corn Syrup (HFCS)

"Studies have shown that the natural sugar fructose in [fruit](#) is metabolized in the body differently than the fructose in HFCS. The absorption of natural fructose in fruit is slowed down and buffered by the [fiber](#), [antioxidants](#), and [phytonutrients](#) contained in the fruit. As such, the spike in [blood sugar](#), the corresponding rise in blood [insulin](#) levels, and then subsequent rebound dip into hypoglycemia observed after consumption of HFCS is not observed in the consumption of fruit. In fact, studies have shown that even daily consumption of 20 servings of fruit a day does not negatively impact blood sugar levels." There's a [video](#) on YouTube of a lecture called "Sugar: The Bitter Truth," delivered by [Dr. Robert Lustig](#), a pediatric endocrinologist at the University of California, San Francisco. The lecture, which runs some 90 minutes and delves into the details of the professor's clinical observations and research, has been viewed more than a million times to date.

Sources

<https://nutritionfacts.org/>

<http://www.uctv.tv/skinny-on-obesity>



Magnesium Deficiency is common because:

1. We consume too many processed foods low in Mg
2. Food sources contain less than in the past due to modern farming practices
3. Soda binds to Mg. and flushes it out of the system
4. Over consumption of Calcium induces Deficiency

Emotional signs of possible Deficiency: Anxiety, Panic Attacks, Difficulty Focusing, Poor Sleep, Irritability and Anger

Physical Signs of possible deficiency: Restless Leg Syndrome, Muscle Cramps, High Blood Pressure, Heart Palpitations, Constipation, Headaches/Migraines, Muscle Achiness, Fibromyalgia, and Back Pain

- Mg is the most powerful anti-inflammatory mineral
- Reduces inflammation at the cellular level
- Lower C-reactive protein, tumor necrosis factor , Interleukin 6 (inflammatory markers)

Natural sources:

1. Green Leafy Vegetables, Peas, Beans
2. Almonds, dark chocolate
3. Bananas, avocados

Treating Brain and Body inflammation improves overall wellness.

Source

[G Morris 2018: Australian and New Zealand Journal of Psychiatry](#)

For any concerns or Health & Wellness Issues Please consult your personal physicians