

AUGUST NEWSLETTER



"The best six doctors anywhere and no one can deny it, are sunshine, water, rest, air, exercise and diet."

-Wayne Fields

AUGUST IS NATIONAL WELLNESS MONTH— CELEBRATE WITH THESE 4 EASY WELLNESS TIPS

Between last-minute summer vacations and the start of back-to-school season, August can be a hectic time. However, it is also National Wellness Month, which aims to raise awareness about the importance of self-care, stress reduction, and healthy habits. In honor of National Wellness Month, here are four easy ways to boost wellness:

Practice deep breathing. Most people tend to take shallower breaths when they are stressed out, which can lead to muscle tension and soreness. When you notice that you're feeling tense, take a moment to practice deep breathing with the 4-4-8 technique, breathe in through your nose to the count of four, trying to draw the breath deep into your abdomen. Hold your breath and count to four. Then, breathe out through your mouth to a count of eight, creating a whooshing sound as you exhale. This will ensure that your body and mind receive the oxygen they need, while helping you restore a sense of tranquility.

Reduce your sugar intake. If you don't have much of a sweet tooth, you may not think that you consume a lot of sugar. However, due largely to added sugar in products like salad dressing, juice, and sauces, the average American consumes a staggering 22 teaspoons of sugar each day. According to the American Heart Association, this number should be closer to 6 teaspoons. Excess sugar consumption is linked to numerous health conditions ranging from fatigue and irritability to heart disease and diabetes. Cut your intake with simple tweaks, like making your own salad dressing, reducing alcohol consumption, and avoiding soda or sweetened juices.

Drink more water. While the exact amount of water you should drink for optimal health varies based on several factors, the current recommendation from the Institute of Medicine (IOM) is approximately 13 cups per day for men and 9 cups for women. Staying hydrated is essential for helping your body eliminate toxins, boosting metabolism, improving mental clarity, and strengthening your immune system. To make your H₂O a bit more enticing, try infusing it with lemon, cucumbers, sprigs of mint or basil, and fruits like strawberries or blueberries.

Spend more time on your feet. Have you heard the warning that sitting is the new smoking? While it may sound dramatic, sedentary lifestyles are linked to various health concerns, including high blood pressure, obesity, abnormal cholesterol levels, and a heightened risk of cancer and cardiovascular disease. Fortunately, even leisurely movement can help mitigate the harmful effects of too much sitting. Easy ways to spend more time on your feet include striving to stand up and walk around for at least ten minutes each hour, standing while talking on the phone or watching TV, and investing in a sit-stand desk.

Source: [healthline.com](https://www.healthline.com)



CORN SALAD WITH HAZELNUTS PECORINO AND MINT

Ingredients:

- ½ cup blanched hazelnuts
- 4 ears of corn, husked
- 1 garlic clove, finely grated
- 2 tablespoons fresh orange juice
- 2 tablespoons unseasoned rice vinegar
- 1 teaspoon finely grated lemon zest
- Kosher salt
- 2 tablespoons vegetable oil
- 2 ounces Pecorino Toscano, shaved
- ¼ cup coarsely chopped mint
- ¼ cup coarsely chopped tarragon
- 1 teaspoon Aleppo-style pepper

Source: bonappetit.com

Directions

- Preheat oven to 350°. Toast hazelnuts on a rimmed baking sheet, tossing once, until golden brown, 8-10 minutes. Let cool, then coarsely chop.
- Meanwhile, prepare a grill for medium heat. Cut kernels from 1 corn cob into a large bowl. Add garlic, orange juice, vinegar, and lemon zest and toss to combine; season with salt. Set aside.
- Brush remaining 3 ears of corn with oil and grill, turning occasionally, until very tender and charred and blackened in spots, 10-12 minutes. (Alternatively, remove kernels from cobs and cook in a dry large skillet over medium-high heat, turning occasionally, until charred in spots, about 4 minutes.) Let cool.
- Cut kernels from cobs and add to reserved salad; add hazelnuts, Pecorino, mint, tarragon, and Aleppo-style pepper and toss to combine. Season with salt.



MOVING TO A NEW HOME? THIS MOVING DAY CHEAT SHEET WILL HELP MAINTAIN YOUR SANITY

The process of moving to a new home brings excitement and opportunity along with a great deal of stress, frustration, and logistical challenges. If a move is in your near future, proper planning is the key to minimizing headaches on moving day. Use this brief cheat sheet as a guide to help you ensure a smooth transition.

Start gathering packing supplies, such as boxes, tape, and bubble wrap. Friends and family, or your local liquor store, may be good sources for free moving boxes. Once you have the necessary supplies, begin packing items that you won't need until after

you've settled into your new home; this will help alleviate stress leading up to moving day!

Schedule your utilities, including internet, to be transferred on or around your moving day. Many utility companies get booked weeks in advance!

Plan to transfer your most valuable items, such as jewelry and important documents, on your own in order to minimize the risk of theft or loss. Pack these items separately and in a place where you can readily access them.



If you are currently working with another Broker please do not consider this a solicitation.

