

A monthly wellness newsletter from Better You

## Boost your body's superhero

Embrace the power of your body's superhero: the immune system. This amazing defender works to keep you healthy, fighting off infection and disease. By adopting a healthy lifestyle, you can give your immunity the boost it deserves. Let's look at some ways to supercharge your well-being.

**Zap germs.** Wash your hands often to keep germs away and vanish them down the drain. This simple routine lets your body focus on bigger battles.

**Stay hydrated.** Your immune system thrives on water. Experts recommend drinking 9 -13 cups for healthy men and women, respectively. If you are exercising or outside in the heat, drink more water.

**Eat the rainbow.** Choose colorful fruits and vegetables. Packed with antioxidants, these nutrients fight free radicals, molecules that can harm your cells. Aim for 5-9 servings of fruits and vegetables daily.



**Eat more fiber and fermented foods.** Indulge in fermented foods like kefir, kombucha, sauerkraut, yogurt and high-fiber foods like brown rice, lentils, whole grains, beans, peas, fruit, nuts, and seeds.

**Avoid sweets, processed foods, and alcohol.** Limit refined pastas, breads, pastries, sweetened cereals, and sugar-sweetened beverages. They can spike your blood sugar and suppress your body's ability to ward off disease.

**Stay active.** About 30 minutes of physical activity a day like walking, biking, gardening, or yoga revs up your defense system.

**Sleep for strength.** Sleep is vital to your health. Target 7-9 hours of sleep to help reinvigorate and restore the immune system.

**Conquer stress.** Make it a priority to unwind, relax, and do things you enjoy. If life overwhelms you, see if your employer has an Employee Assistance Program (EAP) that can help.

**Reduce toxins.** Chemical pollutants can suppress your immune processes. Check labels on skin care products and use natural cleaning supplies to reduce toxic exposure. Click [here](#) for more information about how to reduce your exposure to chemicals.

**Resources:** [CDC.gov](https://www.cdc.gov); [WebMD.com](https://www.webmd.com); [ATSDR.CDC.gov](https://www.atsdr.cdc.gov)

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# Treasure your holiday time

When you think of the holiday season, what pops into your head? Is it precious moments spent with family and friends, the hustle and bustle of holiday shopping, or the list of things to get done? Whatever it may be, there is one similarity between all these experiences – time. Time is a gift and you should treasure every moment of it.

Start the holiday season with a positive mindset by planning ahead. Devote a few minutes each day to organizing tasks



and carving out time for yourself.

**Stick to your routine.** Routines tend to come naturally, and you accomplish those tasks effortlessly.

**Create a daily to-do list.** Prioritize the top 1 to 3 tasks and give yourself a little extra time for each.

**Set realistic time commitments.** Choose activities that truly matter and bring you joy. It is okay to say

no to obligations and be flexible with dates.

**Take care of yourself.** Find time to rest and rejuvenate, so you can enjoy the moments and care for those around you.

Remember, as the legendary musician Miles Davis put it, “Time isn't the main thing, it's the only thing.” Embrace the tips above to fully enjoy the moments that matter this holiday season.

**Resources:** [NewsStandford.edu](https://www.newsstandford.edu); [CDC.gov](https://www.cdc.gov)

## Raspberry-Pistachio Greek Yogurt Bark (Serves 32)

### Ingredients:

- 3 cups whole milk plain Greek yogurt
- 2 tablespoons pure maple syrup or honey
- 1 teaspoon vanilla extract
- 2 tablespoons no-sugar-added raspberry jam
- ¼ cup chopped pistachios

### Directions:

Line a rimmed baking sheet with

parchment paper.

Combine yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Dot the jam all over the surface and swirl with a knife. Sprinkle with pistachios.

Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces. **Tip:** To make ahead: Freeze airtight between



sheets of parchment paper for up to 1 month; let stand at room temperature for 15 minutes before serving.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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