



# LONGEVITY

HEALTH CENTER

## December 2019 Newsletter

From the Longevity Health Center Team

### GIVE THE GIFT OF HEALTH FOR THE HOLIDAYS

Last month, we offered suggestions in our newsletter for self care during the holiday season. These ideas were: checking in with yourself daily, having a mindful relationship with food, being kind with yourself, and having regular therapeutic treatments such as acupuncture, massage or chiropractic care. These are useful tips year round but especially so during this time of year because, in addition to the normal day-to-day life duties, you're also making sure all the extra holiday related items are checked off your to-do list.

While it is very important to take care of yourself this holiday season, we'd also like to suggest giving the gift of health to family and friends. Helping loved ones maintain good health is one of the most valuable gifts of love you can give and will provide benefits year round.

Here at Longevity Health Center, we have gift certificates available for all of our services. Whether it's for massage therapy with your favorite therapist, an acupuncture session in private practice or community clinic, a somatics movement therapy class or a chiropractic adjustment, we can customize a gift certificate to meet your needs.

We also have gift baskets that include Traditional Chinese Medicine remedies. There is a basket for sports injuries, one for cold & flu and one for basic first aid. You can also custom design a gift basket with the items you desire.

From all of us here at Longevity Health Center, we thank you for being a part of our family and wish you wellness, peace and a prosperous Happy New Year.

### LIFESTYLE EDUCATION SEASONAL RECIPES:

#### LENTIL QUINOA STUFFED ACORN SQUASH

BY LISA VILLIARIMO, TCM FOOD SPECIALIST



#### INGREDIENTS:

2 Acorn squash, cut in half with seeds removed.

#### Stuffing Mix:

- 1 1/2 Cup cooked Lentils—sorted, washed, cooked
- 1 C cooked Quinoa
- 1 C celery diced
- 1 C onion diced
- 4 oz mushroom chopped
- 1/2 C carrot shredded
- 3/4 C zucchini shredded
- 2 Tbsp garlic, minced
- 3 Tbsp green chile (canned), chopped (optional but delicious)
- 2 Tbsp sun dried tomatoes (in oil), chopped
- 1 Tbsp dijon mustard
- 1 tsp each: sage, thyme, rosemary, oregano
- 2 Tbsp Italian parsley
- 4 leaves kale, chopped (or other dark leafy greens such as Swiss chard)
- 1/2 C panko or ground rice cracker
- 3 eggs, whisked
- 2 tsp salt
- 1 tsp pepper

#### Sauce:

- 3/4 Cup plain Greek yogurt
- 3 Tbsp Dijon mustard
- 3 Tbsp water
- 2 Tbsp tomato paste
- 2 Tbsp parsley, finely chopped
- 2 Tbsp green onion, finely chopped

- 1 tsp Harissa spice paste (or hot sauce/chili pepper water) to taste
- 1/2 tsp salt & pepper, to taste

#### METHOD:

Sauté onion, celery, mushrooms, and carrot until soft and translucent, but not brown. Add salt & pepper, garlic, zucchini, kale, sun-dried tomatoes, green chile, mustard and herbs and cook for a few more minutes. Let cool for a bit. Mix in lentils and quinoa, mixing to combine. Add eggs and panko. If it's still crumbly, add another egg. If it's too wet, add more panko.

Stuff lentil mixture into the well of the acorn squash. Any extra can be formed into a loaf or patties.

Bake at 350 degrees for 30-40 minutes, or until a skewer or paring knife can easily pierce the squash and the lentil mixture is set. For the sauce, mix all ingredients and adjust harissa spice, salt & pepper to your taste.

Serve as an entree with a side salad or as a side dish to a roasted chicken.

### Schedules

#### HOLIDAY SCHEDULE

OUR OFFICE WILL BE CLOSED ON:  
12/24/19 at noon, reopening 1/2/20

#### MOVEMENT CLASSES

##### SOMATICS

Tuesday 9:00 a.m. - 10:15 a.m.  
Thursday 10:30 a.m. - 11:45 a.m.  
Sliding Scale \$17-\$20

#### COMMUNITY ACUPUNCTURE

Open Mondays beginning Dec 9th  
Tuesday 3:00 p.m. - 6:00 p.m.  
Wednesday 10:00 a.m. - 1:00 p.m.  
Thursday 3:00 p.m. - 6:00 p.m.  
Friday CLOSED

*Last appointment is 45 minutes before closing time.  
Drop ins may be accepted, but appointments are encouraged.*