



LONGEVITY

HEALTH CENTER

November 2019 Newsletter

From the Longevity Health Center Team

SELF-CARE FOR THE HOLIDAYS

It's hard to believe that we're heading into the holiday season. Here in Hawaii, we've yet to experience any dramatic indication that our weather will be cooler than the 90° temperatures we've felt since late Spring. Regardless, there are some slight indications that we are in Autumn, such as the sun setting at a much earlier time, cooler nights with brisk breezes, and seasonally appropriate foods in our markets, such as pumpkins, apples, pears and hearty, bitter greens. In Traditional Chinese Medicine, this season suggests we slow down, look within and store energy for when Spring arrives. It's a time for slow cooked foods and 'early to bed, late to rise'.

Here are some suggestions to thrive through the holiday season:

Check in with yourself daily

There's a tendency to get caught up in the hustle and bustle of the season without being mindful of why we're doing this. Make it a point to take some time every day to check in with yourself and see where you can eliminate unnecessary stressors. This will encourage you to decide what's really important vs. what you might do out of habit.

Some ways to get back to center are light exercises such as long, slow walks, yoga, qi gong, tai chi and lower body squats & lunges. Meditation exercises are highly beneficial—there are many apps available free for your phone—just a few minutes every day can keep you grounded and calm. Journaling is a great habit to get into during this time—our innermost thoughts are more accessible at this time of year—you can just record your feelings, no need to analyze.

Keep a mindful relationship with food

Holidays and food are some of the strongest memories we keep. It's easy to fall into a spiral of special holiday foods that are richer and larger than our normal portions. Make an effort to take a moment to listen to your body's cues around if what you're feeling is actual hunger or a reaction to family dynamics or other factors. Aim to have warm, slow cooked foods made with whole grains, winter squashes, beans and nuts. These will keep you fuller longer and make it less likely to overindulge. When you do have special foods, savor them slowly and you'll find that you will enjoy them more. Drink lots of room temperature or warm teas such as ginger, cinnamon or chai, as well as lots of quality water.

Be kind to yourself

This time of year can be emotionally challenging. Grief over a missing loved one can seem exacerbated during this time. Consider having a moment of silence or sharing favorite memories of loved ones. Joy and sadness can exist together.

The shorter days with less sunlight can leave folks struggling with seasonal affective disorder and general malaise. Make an effort to spend a few minutes in the direct sunlight (without sunscreen or sunglasses) to maximize vitamin D creation which assists with mood. Chinese medicine—acupuncture, massage, chiropractic and movement therapies can all assist in making your holiday season smooth and enjoyable.

LIFESTYLE EDUCATION SEASONAL RECIPES:



PUMPKIN POTSTICKERS WITH SPICY MUSTARD HONEY SAGE DIPPING SAUCE

BY LISA VILLIARIMO, TCM FOOD SPECIALIST

INGREDIENTS:

- 1 Kabocha pumpkin squash (2 lbs) (can sub butternut squash or other pumpkin)
- 1 Cup chopped Watercress, washed very well under running water.
- 1 can water chestnuts, drained
- 4" piece of fresh ginger
- 3 cloves garlic
- 4 stalks green onions
- 8 leaves fresh sage
- 1 pkg wonton or gyoza wrappers (36 pcs)
- sea salt & pepper to taste
- olive oil
- Cornstarch for dusting

METHOD:

Wash outside of kabocha pumpkin, cutting off any bumpy areas. Cut pumpkin in half and scrape seeds out. (Save seeds for roasting later)

Cut pumpkin into 2" wedges and place on a parchment paper lined sheet tray. Drizzle both sides with olive oil, salt & pepper. Roast at 400° for 20-25 minutes or until tender. Dice water chestnuts into small pieces. Peel ginger with a spoon and dice finely. Dice garlic finely. Slice green onions finely. Dice sage finely. Wash watercress very well under running water, ensuring any dirt or grit is removed. Chop it into 1/2" pieces, leaving thick stems behind.

Once pumpkin is cooled, using your knife or a spoon, remove flesh from pumpkin but leave 1/2" of flesh attached to skin. Cut pumpkin skins into 1/2" pieces. **Skip this step if using another pumpkin other than Kabocha** To a bowl, add inner pumpkin flesh and mash well. Add water chestnuts, watercress, ginger, garlic, green onions, sage and mix well. Add pumpkin skins and fold in gently.

Folding potstickers:

Place a teaspoon of pumpkin mix in the center of the potsticker wrapper. Brush half the dough edge with a little water to help it stick. Take the dough between your thumb and index finger and press the dough together starting from the left. Fold the dough on one side and make a curly loop. Keep folding the dough back and forth like this until the end. Make sure you close it well with more water, if necessary. Press out any air that is still inside the dough. Put the potstickers on a tray dusted with corn starch. From this point, you can pan fry the potstickers, or freeze up to 3 months.

Heat a ceramic, non-stick (not teflon) frying pan with a small amount of oil on medium-high. Place the potstickers in the pan, flat side down. Cook for a few minutes, then add 1/2 cup water and cover pan with a lid. Cook until pasta is cooked and bottom is browned. Garnish with radish sprouts and serve with dipping sauce.

**For a fancy, extra crispy addition, just before the potstickers are finished cooking, add a little bit (3 Tbsp) of cornstarch slurry. With the lid off, let the mixture crisp up. Once crispy, turn the heat off, use a spatula to get under the potstickers to loosen but not break apart. Place a plate over the potstickers and invert pan.

Schedules

HOLIDAY SCHEDULE

OUR OFFICE WILL BE CLOSED ON:

Nov. 11 - Veterans Day
November 28th & 29th - Thanksgiving

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

Monday CLOSED
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.*