

Health & Wellness



Tahoe Truckee Unified School District (TTUSD) in California is offering yoga class to its high school students. Hindus have applauded TTUSD for offering yoga in its high schools, and have urged all California school districts to do the same for their pupils. Calling it a "step in the right direction", Hindu statesman Rajan Zed, in a statement in Reno (Nevada) today, suggested all school districts of California to incorporate yoga in the lives of the students. Yoga, referred as "a living fossil", was a mental and physical discipline, for everybody to share and benefit from, whose traces went back to around 2,000 BCE to Indus Valley civilization, Zed pointed out.

Zed, who is President of Universal Society of Hinduism, further said that yoga, although introduced and nourished by Hinduism, was a world heritage and liberation powerhouse to be utilized by all. According to Patanjali who codified it in Yoga Sutra, yoga was a methodical effort to attain perfection, through the control of the different elements of human nature, physical and psychical.

According to National Institutes of Health, yoga may help one to feel more relaxed, be more flexible, improve posture, breathe deeply, and get rid of stress. According to an estimate, about 21 million Americans, including many celebrities, now practice yoga. Yoga was the repository of something basic in the human soul and psyche, Rajan Zed added.

The TTUSD yoga program is the result of a Placer County Mental Health Innovations Grant. The grant covers one yoga class per week for each of our PE classes at NTH and THS. The instructors are certified and under contract with the district. The intent of the grant is to offer yoga as a healthy physical strategy that builds resiliency factors with our youth. The grant funds are available for 2013-2014 and the intent is to give our PE teachers skills through demonstration that will allow them to continue to offer the program at some level."

TTUSD, encompassing over 720 square miles, serves about 4000 students in California's Nevada, Placer and El Dorado counties with 12 schools. With a tagline of "A New Vision of Education", one of its Beliefs includes "embracing the diversity" and its Vision includes "engage scholars in effective and innovative instruction". Its Wellness Program includes addressing "spiritual concerns" of high school students. Kim Szczurek is Board of Education Trustees President, Dr. Robert J. Leri is Superintendent-Chief Learning Officer, John Carlson is Truckee High School (THS) Principal and Joanna Mitchell is North Tahoe High (NTH) School Principal.

Welcome to NatureBox!

As a co-founder of Nature-Box, I'm especially pleased to introduce you to our company and thank you for your visit. The NatureBox mission of helping you eat better without changing your daily routine, has great personal meaning to me. I grew up overweight – weighing more than 200 pounds at the age of 12 – and struggled with obesity for most of my life. As a child, I would come home from school and spend hours eating junk food. My weight struggles would have been prevented if I had healthier options and better eating habits. Through hard work and dedication, I lost weight by focusing on healthy foods. Now I am dedicating my life to helping others discover a healthier you.

We founded NatureBox to help people eat and live better. Food and nutrition play a vital role in life and with the right tools, we believe that anyone can live a well-balanced lifestyle. Even slight changes to your daily diet can amount to meaningful impact in how you enjoy life. Our team scours the world to find the most unique and tasty snacks, and we deliver them to your doorstep. Each box carries a unique theme and everything inside has been taste-tested and nutritionist-approved.

Beyond better options, our team also creates helpful content on various nutritional topics to help guide you throughout the day. Check out our blog to start reading our latest tips and ideas. We're excited to share our latest snack creations with you! Please contact us at anytime with feedback or questions. Be well, Gautam and the NatureBox Team - <https://naturebox.com/about-us>



The ideal serving temperature for red wines is around 65 degrees. Put bottles of wine in the fridge for at least 30 minutes before serving.

Love hot chocolate even if it's not winter? Try Theo Chipotle Spice Drinking Chocolate; a hint of chile and cinnamon kicks it up. Creamy and dairy-free, this goodie from Seattle melts down smoothly. \$12.50/10oz; buy it online at: <http://theochocolate.com>

Health News

Chia seeds for strong bones, earthy-tasting, great for calcium, 2 tbsp offers as much as a slice of cheddar cheese.

Pepita (Pumpkin seeds) lots of iron, a mineral that helps maintain high energy levels.

Sesame seeds for a healthy heart, contains linoleic acid, an omega6 fatty acid that helps control cholesterol.

Flax for cancer prevention, reduces disease-causing inflammation.

Wheat Germ maintains good digestion, has inulin, a type of fiber.

Capitol Tamale's Enchilada sauce

(Sac Bee, 1989)
 3/4 cup vegetable oil
 1/2 cup all-purpose flour
 4 tbs paprika
 4 tbs chili powder
 1/2 tsp powdered cumin
 1/2 tsp powdered oregano
 1/2 tsp salt
 1 clove garlic, minced
 6 cups chicken broth

In a saucepan, cook oil, flour, and seasonings over low heat. Gradually add chicken broth, stir well; simmer for 30 min until thick. Great for burritos, and chicken casserole, too. Store leftover sauce in the fridge.



Moringa - The next Superfood

A tree leaf that contains more nutrients and natural remedies, ancient warriors fueled for battle with the extract, hot for the stamina and strength it gave them; legend has it that pharaohs were buried with it to sustain them in the afterlife. It delivers energy, immunity and metabolism boosts. Moringa has 3.5 times the calcium of milk and 4 times the vitamin C of oranges.

A recent analysis found that Moringa contains more vit A than carrots, more iron than spinach, and more potassium than bananas. It packs as much protein as eggs.

Fresh leaves have a lemony, peppery spinach taste. Add to salads or saute. The dry powder is just as nutritious as the leaves; add to smoothies or drinks. Try Organic India Moringa Leaf Powder, (vitaminshoppe.com) or the tea found at (republicoftea.com).

You can find Moringa online and at supplement stores or whole food and health stores. There are grooming products available made with moringa: Soap, at The Body Shop, \$4 (bodyshop.com) gently lifts dirt without leaving skin dry.

Moringa oil, \$23 (kosia.co) the anti-inflammatory properties make it ideal for healing minor skin irritations. My Prime, \$68 (makemyours.com) moisturizer improves skin complexion thanks to its vitamin C content.

The antioxidant-rich oil pressed from the seeds of the tree is revered by skin-care companies for its ability to moisturize and revive skin. Sounds like the perfect treatment for winter-parched skin.

minutes and puree until smooth. Garnish with fresh watercress leaves and low-fat sour cream.

MACA

This humble root which boosts energy, brain function and libido is being sought after by athletes, models and health fanatics alike for their daily energy hit. It tastes like earthy butterscotch meets graham cracker and is used primarily in powder form.

It is an adaptogen, a metabolic regulator that sends a wake-up call to the brain and balances your hormones. When you're balanced, you don't suffer from anxiety or stress or depression; you have better concentration and memory.

Add a tablespoon to a post-workout protein shake or to your breakfast smoothie.

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