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HEALTH OBSERVANCE

Integrative Health

Kellie O'Keefe – Wellworks For You

January is Integrative Health Month. In a world where health and wellbeing are paramount, integrative health has emerged as a holistic approach that seeks to harmonize the mind, body, and spirit. Unlike conventional medicine, that often focuses solely on treating symptoms, integrative health combines traditional medical practices with complementary therapies, recognizing the interconnectedness of various aspects of one's health.

Integrative health emphasizes the importance of treating the whole person, considering not just physical ailments but also mental, emotional, and social factors. This approach encourages individuals to participate in their wellbeing, fostering empowerment and self-awareness actively.

Incorporating integrative health into your lifestyle involves a multifaceted approach. To nurture mental and emotional resilience, begin by cultivating mindfulness through meditation, yoga, or tai chi. Adopting a balanced and nutritious diet rich in whole foods can positively impact physical health. Explore alternative therapies like acupuncture, massage, or herbal remedies to complement conventional treatments.

Moreover, building a solid support network and fostering positive relationships contribute significantly to overall wellbeing. Prioritize quality sleep, regular physical activity, and stress management through relaxation techniques. Integrative health is about creating a personalized roadmap to wellness that aligns with individual needs and values, promoting harmony in pursuing a healthier, more fulfilling life.

Source: [Complementary, Alternative, or Integrative Health: What's In a Name? | NCCIH \(nih.gov\)](https://www.nccih.nih.gov/health/alternative-complementary-or-integrative-health-what-s-in-a-name)



Navigating Winter: How to Eat In-Season During the Colder Months

Selecting in-season fruits and vegetables is a health-conscious approach to nutrition and supports local agriculture.

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WelBalance

HEALTH TIP CORNER

Wellness Pillar: Nutrition

Navigating Winter: How to Eat In-Season During Colder Months

Kellie O'Keefe – Wellworks For You

Eating seasonally in the summer seems to come naturally to most people – melons, berries, and leafy greens typically come to mind and can be put together in various ways. However, winter brings a distinct set of challenges for maintaining a diet that prioritizes fresh, in-season produce. While it may become more difficult, some nutritionists believe that eating seasonally can help provide you with the nutrients you need during that time of year.

How to Eat In-Season During the Colder Months

Focus on Root Vegetables. Some root vegetables like sweet potatoes, carrots, and parsnips thrive during the colder months. Roasting these vegetables enhances their flavors, while incorporating them into hearty stews provides essential sustenance. Cruciferous vegetables, including Brussels sprouts and cauliflower, also thrive in colder temperatures, contributing depth and nutrition to winter salads or side dishes.

Boost Your Vitamin C. Citrus fruits offer a vital source of immune-boosting vitamin C. Oranges, grapefruits, and mandarins can be integrated into snacks, salads, or freshly squeezed juices, providing a refreshing and healthy element to winter dining.

Incorporate Squash. Not just a fun sport - winter squash varieties, such as butternut and acorn squash, bring a sweet and nutty complexity to dishes, making them ideal for soups, casseroles, or even just roasted.

Selecting in-season fruits and vegetables is a health-conscious approach to nutrition and supports local agriculture. This winter, try leaning into the fruits and vegetables made to support you during the colder months.

Source: [How to Eat Seasonally During the Winter Months \(health.com\)](http://www.health.com)



Embracing Holistic Goals:

A Journey Beyond Weight Loss



Kim Farrell – Wellworks For You

As we usher in another New Year, the tradition of setting resolutions is upon us. For many, the default resolution tends to revolve around shedding those extra pounds, but what if we shifted our focus towards a more holistic approach?

Holistic resolutions delve into the essence of wellbeing, encouraging us to view our aspirations through a broader lens. It's about embracing a lifestyle that promotes overall wellness, nourishing not just our bodies but our minds, hearts, and spirits. Instead of fixating on a specific weight target, consider holistic resolutions that encompass various facets of your life. Here are some ideas to get you started:

- **Mindful Living:** Cultivate mindfulness in your daily routine. Practice being present in each moment, savoring the richness of life. This could involve mindful breathing exercises, meditation, or simply taking time each day to appreciate the beauty around you.
- **Emotional Wellbeing:** Prioritize your mental and emotional health. Set goals that focus on building resilience, fostering positive relationships, and finding healthy outlets for stress relief. Consider activities like journaling, therapy, or regular check-ins with loved ones.
- **Skill Development:** Instead of a rigid weight loss plan, aim to enhance your intellectual growth. Learn a new skill, take up a hobby, or enroll in a course that piques your interest. Engaging your mind in continuous learning contributes to a sense of fulfillment and personal growth.
- **Connection and Community:** Foster meaningful social connections. Whether it's strengthening existing relationships or branching out to make new friends, building a supportive community contributes significantly to overall wellbeing.
- **Financial Wellness:** Set realistic financial goals that align with your values. This could involve creating a budget, saving for a future endeavor, or investing in experiences that bring you joy.
- **Environmental Consciousness:** Consider resolutions that promote environmental awareness. Small changes in your daily habits, such as reducing waste or choosing sustainable products, contribute to a healthier planet and, in turn, a healthier you.

By embracing holistic New Year's resolutions, we shift the focus from a narrow, weight-centric perspective to a more comprehensive approach to wellbeing. This year, prioritize self-love, personal growth, and a balanced life. Here's to a New Year filled with holistic transformations that go beyond the scale!

Source: [Letter of Recommendation: Make New Year's Resolutions That Have Nothing to Do With Weight Loss | SELF](#)

FEATURED RECIPE

Easy Vegetarian Taco Salad

2 Servings | Total Time: 15 Minutes

Nut-Free, Low-Calorie, Healthy Immunity, High-Protein, Egg-Free, Gluten-Free, Vegetarian



INGREDIENTS:

- 4 ounces frozen tofu or black bean crumbles, such as Morning Star Farms® or Wildwood® brands
- 3 cups shredded romaine lettuce
- ¾ cup chopped tomatoes
- ½ cup canned no-salt-added black beans, rinsed and drained
- ¼ cup shredded reduced-fat cheddar cheese (1 ounce)
- 8 lime or cheddar-flavored tortilla chips, such as Food Should Taste Good® brand
- 2 tablespoons light sour cream
- 1 tablespoon salsa

DIRECTIONS:

1. Prepare tofu or bean product according to package directions.
2. Divide romaine lettuce between two plates or large salad bowls.
3. Top with heated tofu or bean product.
4. Top with tomatoes, beans, cheese, and chips.
5. Serve with sour cream and salsa.

NUTRITION

Per Serving:

Calories: 325	Protein: 29g
Carbohydrates: 4g	Dietary Fiber: 1g
Fat: 20g	Saturated Fat: 8g
Calcium: 28mg	Magnesium: 13mg
Potassium: 286mg	Sodium: 329mg

Source: [Easy Vegetarian Taco Salad \(eatingwell.com\)](http://eatingwell.com)