



Sustain your life

By Debbi Provin-Martin

Control Your Cravings... don't let your cravings control you!

Cravings! We all have them. Unfortunately, many of us crave the foods that do the least to nourish our bodies. Do you find yourself grabbing whatever convenient processed food is most readily available? This is a sign that your body is out of balance. When we constantly eat highly processed carbohydrates our blood sugar swings up and down and this in turn causes cravings for more carbs which in turn causes weight gain. We start to burn carbs rather than fat...and most of us would rather burn the fat off! Here are a few tips to help your body burn fat rather than carbs:

- **Eat fresh whole foods** eat a fresh, yummy, sweet piece of fruit rather than cookies, candy or processed sugary snack bars.
- **Try to eat every few hours** choosing only fresh whole foods such as fruit, veggies, legumes, nuts and trail mixes.
- **Take vitamins** to help keep your body nourished as well.
- **Don't forget protein.** Eating protein at every meal and with snacks will cut the cravings as well.
- **And of course, move your body...** get that heart pumping!

My eldest son, for health reasons went on a detox diet a few years ago. It consisted of daily shakes packed with nutrients. He could eat only fish or poultry and only fresh fruits, veggies, nuts and legumes. At the end of this diet he had no cravings and mentioned how he could taste the sweetness in a piece of celery or raw lettuce! His taste buds came alive again! What a testament to eating nourishing food rather than empty, junk food. And the best part...this was a diet that he could eat for life...we all can!

Challenge Time! For one week...just one week... eat only fresh whole foods and protein. Fill the pantry with nourishing foods and throw out the junk food. Maybe you will control your cravings too!

In honor of my son Nate's, successful climb back to health, I will share "his" recipe for his favorite (gluten free, I might add) Lettuce Wraps.

Nate's Peanut Lettuce Wraps

- 4-6 Large, pliable lettuce leaves
- 4 Boneless, skinless chicken breasts cut into strips
- Shredded Veggies -- with the veggies be creative!... use whatever you have... such as shredded carrots, cabbage, thinly sliced onions, mushrooms, bell peppers, or zucchini

Peanut Sauce: 1 1/2- Cups Peanut Butter; 1-Cup Coconut Milk; 4- TBL Honey; 1/4-Cup Soy Sauce; 3- TBL Fresh Grated Ginger; 1 1/2- tsp cayenne pepper
4- tsp curry powder; Few squeezes of fresh lime juice

Mix all the above peanut sauce ingredients together. Marinate chicken in half of the peanut sauce. Refrigerate for 30 minutes.

- In mixing bowl add all the cut veggies and toss (do not include the lettuce).
- Soak lettuce leaves in icy water
- After chicken has marinated, discard peanut sauce and sauté chicken in 2 TBL olive oil until done...set aside covered to keep warm
- Add veggie mix and sauté for 3-4 minutes until just slightly tender.
- Remove lettuce from water and pat dry while veggies are sautéing

To assemble: To one lettuce leaf, add chicken, veggies, and peanut sauce, roll up and enjoy! Add whole or diced peanuts to the wrap for a nice crunchy texture!

Until next time, remember to take care of YOU and Sustain Your Life through nutrients and exercise! ▲

How to grow orchids... the workshop!

Let's do it...

Like everything in life, growing orchids has its own science. There are some basics principles and secrets to grow healthy orchids. Dorilinda Ramirez, M.B.A., motivator, journalist and a connoisseur of orchid growing, explained that to be able to grow healthy orchids that bloom periodically you have to understand the anatomy of the plant. Like any other house plant they need water, light, fertilizer but orchids have some peculiarities. The real magic in orchid care is to have some experience, education and to prevent any problems. Once you know the principles and basic rules on orchid care it really doesn't take much time or knowledge to keep them healthy.

Some of the aspects to consider are:

- **Water** - Too much or too little kills slowly.
- **Air Circulation** - Required!
- **Humidity** - a challenge inside or outside.
- **Potting Mediums** - Bark, peat mixes, sphagnum moss, treefern, osmunda, lava rock, even old tires etc, etc.
- **Fertilizer** - Fertilizer is food and there is a co-relation between food and health.
- **Temperature**
- **Light** - orchid doesn't bloom if it's not receiving enough light.

To learn about these basic principles and more, Dorilinda and an agronomist will visit Palmas the 26th of September. from 11am to 2pm, to offer a three hour workshop on Orchid Growing and Blooming. The cost of this workshop will be \$75 and includes a handbook and a light "snack". The workshop will take place at the Villa Franca Club House.

An exposition of orchids is also included. For reservations call 787.602-0019. A minimum deposit for reservations will be required. ▲

