

# Get With It



Sponsored by the Women's Wellness and Maternity Center and the **Get With It** Collaborative

Volume 4, Issue 4

## ALCOHOL AWARENESS MONTH

### WEIGHT WATCHER CAKE:

- Cake mix
- Small can mandarin oranges
- Juice from oranges and water to equal 1-1/2 cups
- 4 oz. apple sauce
- 2 egg whites
- 1 whole egg



Mix together. Bake time and temperature according to cake box directions. Ice with cool whip, if desired.\*

\*From Annette Michaels—GWI participant

### WILLA'S APPLE SALAD:

Preparation time: 10 min. Serves: 8 Serving size: 1/8 recipe

- 3 medium Granny Smith apples, chopped
- 2 Tbsp. lemon juice
- 1/2 cup pecans
- 1/2 cup dried cranberries
- 1 cup low-fat mayonnaise
- 1/3 cup red wine vinegar
- 1 tsp. Splenda No Calorie Sweetener
- 1 large (9 oz.) bag fresh spinach, divided onto four salad plates



Chop the apples and place them in a mixing bowl. Drizzle lemon juice over them to prevent browning. Add the pecans and dried cranberries; mix thoroughly and chill in the refrigerator. In another bowl, combine the mayonnaise, vinegar, and Splenda. Mix thoroughly to create a smooth dressing. Add dressing to chilled apple mixture; serve on a bed of spinach.\*

\*From "Soul Food for Diabetics" School of Nursing Hampton University, Virginia

### Inside this issue:

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- \* **Special points of interest:**
- \* Saturday, April 17 at 2:30 p.m. Relay for Life at Ft. Loudon--Run/Walk. Pre Registration fee is \$20; Registration fee day of is \$25.
- \* Tuesday, April from 3:30 to 5:00 p.m. Monthly Diabetic Workshop facilitated by Suzanne Kieltyka, RD, LDN, CDE held at the Get With It Studio, 116 College St., Madisonville. Please call 423-420-3991 to reserve your spot or email: [amyl@getwithitwomen.org](mailto:amyl@getwithitwomen.org)
- \* Earth Day--Wednesday, April 20 at 3 p.m. at Madisonville Presbyterian Church.



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If you have a comment or would like to share recipes for one of our upcoming newsletters; call Debra Lindaman, Health Educator at 423-442-6624 or email Debra at [debral@getwithitwomen.org](mailto:debral@getwithitwomen.org).

### SPRINKLE ON THESE SPICES TO STAY HEALTHY:

Ginger and garlic are known to have medicinal properties, but how about lemongrass, nutmeg and thyme? In his book “Healing Spices”, writer Bharat B. Aggarwal indicates there are 50 spices that may help prevent or heal certain conditions or diseases:

- \* **Bay leaf.** This small dried leaf, when it’s cooked, releases its array of antioxidants. It’s a natural medicine for cancer, arthritis, ulcers, wounds and mosquito bites. Look for leaves that are whole, uniform in size and color, and free of stems and bark. The darker the color and the larger the leaves, the better.
- \* **Cumin.** In a study from India, cumin was found to be just as effective as an anti-diabetes drug in controlling diabetes in lab rats. It also has been shown to protect bones and help prevent food poisoning. Buy cumin as whole seeds rather than ground.
- \* **Horseradish.** This spice was used as a medicine before it was used as a food. It can clear congestion, reduce inflammation, fight viruses and bacteria, and relax muscles. Buy it prepared and preserved in vinegar. It won’t give you the same zing of fresh horseradish, but it’s close.

### DR. OZ’S MISCELLANEOUS TIPS AND ADVICE:

#### **Hidden Causes of Weight Gain:**

**You are doing everything right—restricting calories and exercising but still the weight won’t come off. The following may be reasons why:**

- 1. Hypothyroidism—slows metabolism**
- 2. Polycystic Ovarian Disease—affects insulin resistance**
- 3. Decreased Growth Hormone—Testosterone—decreases with age**

**Please check with your doctor if you don’t seem to be taking weight off and have been reducing caloric intake and exercising; ask your physician to check for the possibilities mentioned above.**

#### **Smart Spices for your Health:**

- 1. Cinnamon—reduces Blood Sugar levels and lowers cholesterol**
- 2. Ginger—lowers Blood Pressure, helps relieve upset stomach, helps reduce arthritic pain and reduces risk of cancer**
- 3. Garlic—lowers cholesterol levels and lowers triglyceride levels**
- 4. Cayenne pepper & paprika—lowers Blood Pressure and increases blood circulation**

