

Best of Living Well with

# Dr. Jessica



*My guide  
to life,  
love, and  
healthy  
living*

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BEST OF DR. JESSICA

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# How Dr. Jessica Turner is slaying the confidence game

By Ellen Re

**W**hen someone chooses to become a veterinarian, the first thing that comes into mind is providing care for pets, but now more than ever, emotional and mental health in the veterinary profession has become something of a concern. Many vets are so deeply immersed in their careers that they forget about the serious consequences work obsession poses to their health and wellness.

For Dr. Jessica Turner, this is no longer the case. After struggling with disordered eating, anxiety/depression, Postpartum Depression (PPD), and even losing a friend to suicide, her life was turned upside down. Despite being in and out of the hospital for three months before the arrival of her twin girls, Adalynn and Annabelle, now six, she never lost hope. Instead, she made the biggest decision of her life—quitting the veterinary field altogether. With this decision, Dr. Jessica decided to pursue her passion for helping other people who are trying to improve their health and fitness.

She had never seen herself walking away from veterinary medicine, let alone doing anything else. The more she shared her story of PPD and anxiety and discussed how health and fitness play an important role in healing, the more she yearned to help others. Now Dr. Jessica is fully dedicated to helping people get healthy.

This is a decision she does not regret one bit; now with her new podcast, *Living Well with Dr. Jessica*, she has the opportunity to help colleagues make wellness their priority, and more is yet to come. With the inspiration she gets from her mom and her dad, who is an emergency medicine pediatrician, Jessica is never going to look back.



# 6 Questions With Dr. Jessica Turner

## WHAT IS THE MOST AGONIZING CAREER DECISION YOU EVER MADE?

The most agonizing career decision I ever made was to leave the veterinary profession. I never intended to step away from veterinary medicine. I never saw myself doing anything else, especially after sacrificing so much time, energy, and money to become a vet. I honestly “fell into” coaching as more of a means of holding myself accountable because I was terrified of letting myself go as a priority again. But I found that the more I shared my story of PPD, anxiety, and depression and how health and fitness were playing a role in healing and management, the more I wanted to help others avoid the place I had been. Over time, I discovered a love of serving people via their health and fitness, specifically moms and other veterinarians. It’s been over three and a half years since I made the decision to step away from practicing veterinary medicine. I don’t regret it one bit, but neither do I regret becoming a veterinarian in the first place. I have the opportunity to help so many of my colleagues with make their wellness a priority because I understand the unique struggles they face within this profession (in addition to everyday life demands). It has been an absolute honor to be able to play a role in their lives so they can continue to find joy within veterinary medicine.

## WHAT IS A BOOK THAT LEFT A LAST IMPRESSION ON YOU?

*You are a Badass* by Jen Sincero. This was my very first personal development book after I’d become a coach, and it allowed me to see myself in a totally different light. I want to share it with my veterinary colleagues because of the role it played in my having the confidence to renegotiate my contract and ask for a raise while I was still practicing. The content in this book



allowed me to see the value I brought to our clinic and my right to ask for an increase in pay because of that value. I would have never believed in myself enough to do such a thing—and get it, I might add—before reading this book!

## WHO DO YOU MOST ADMIRE?

I’ve always admired my dad. He came from an extremely poor upbringing, and his family and teachers constantly told him that he would never amount to anything. He proved them wrong and graduated at the top of his medical class and is now one of the most respected emergency medicine pediatricians in Louisiana. His work ethic and ability to make a way despite being told there was no way has always inspired me. On top of that, he never once made me feel like I had to follow in his footsteps. Even when I played around with going to college for visual arts, he and my mom supported me the whole way. They also supported me when I decided to leave the veterinary field, and they couldn’t be happier for their daughter.

## WHAT’S THE BIGGEST PROBLEM FACING OUR PROFESSION TODAY?

There are many problems facing our profession today, but for me the most critical is mental health awareness. This subject is near and dear to my heart. I lost my friend to suicide; she was my roommate in veterinary school. I would say it is one of our biggest mountains to climb.

There are so many factors that tie into this problem, but I think so much boils down to our inability to admit that we don’t have it all together and we need help. We are the “fixers,” so it’s very difficult for us to take a step back and concede that we need attention ourselves, whether that comes in the form of therapy,

consistent exercise, daily gratitude, or an extended vacation. I think so many are treading in water that they can barely keep their heads above, but if they had a hand to grab onto—and actually took it—they would be able to get to a place where they can breathe and find the joy in the profession, and in life, again.

### WHAT IS YOUR MISSION IN LIFE?

My mission in life is to share my story in such a way that it gives others hope for better days, permission to dream big, and a joy that is everlasting despite what is going on around them.

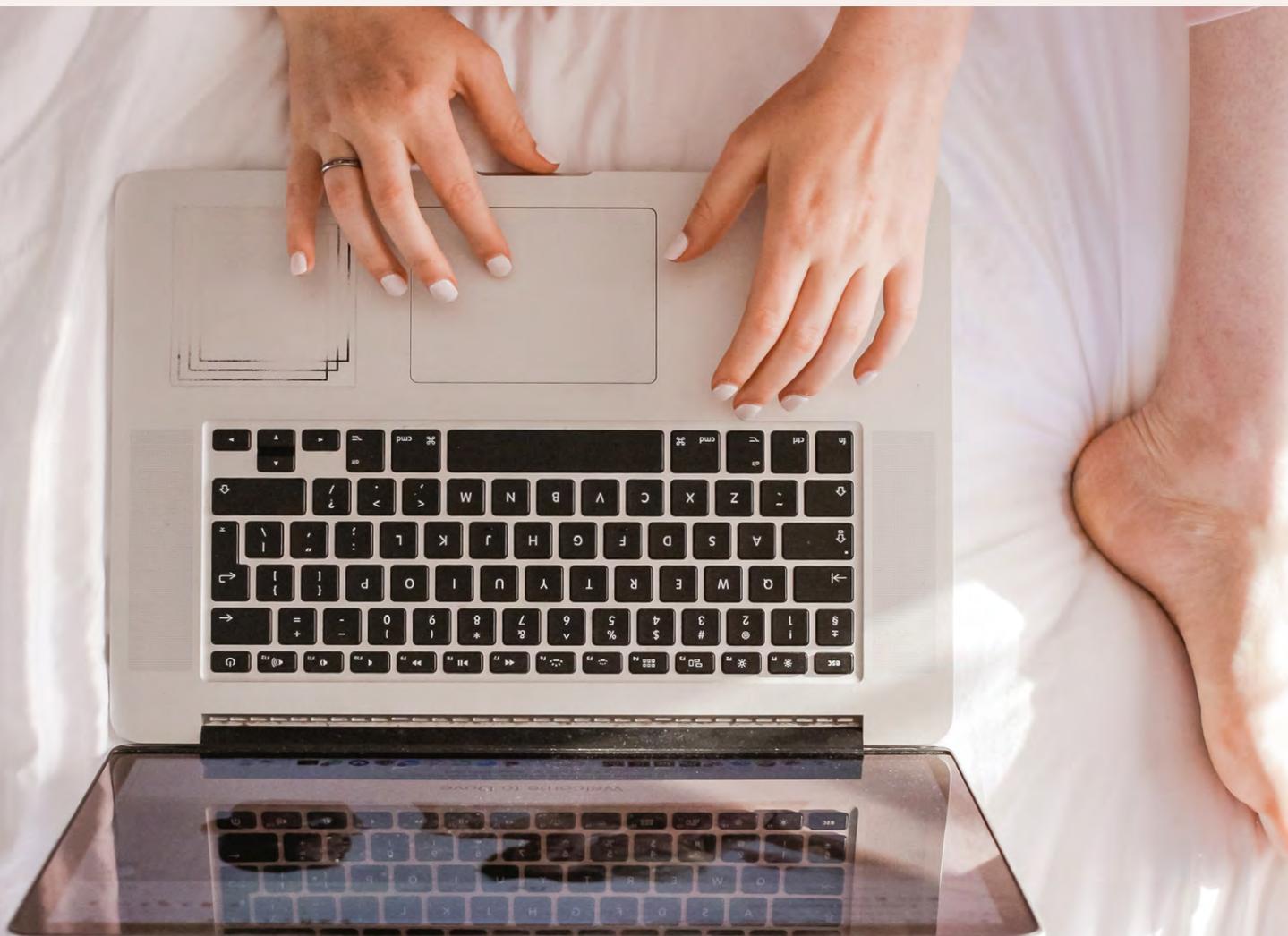
As someone who has personally struggled with disordered eating, anxiety/depression/post-partum depression, and has lost someone to suicide, I have a passion for mental health advocacy, especially within the veterinary field. This is why over half of my clients are veterinary moms. They are often the ones who are hanging on by a thread, wishing someone would throw them a lifeline. I strive to be that lifeline.

### WHERE DO YOU SEE YOURSELF IN FIVE YEARS?

I will be celebrating ten years of health and wellness coaching, serving thousands of moms all over the country, many of whom are veterinarians themselves, while mentoring other coaches in doing the same. I have a vision of making health and fitness easily accessible and affordable within the veterinary community as a means of battling burnout, compassion fatigue, depression, and anxiety.

I want to be a published author, sharing the story of my life behind forced smiles until I finally hit my breaking point and discovered how to embrace who I am.

In all honestly, the sky is the limit for us all. I just know I will still be sharing my life boldly through social media, my website, and more as a means to remind others that they are not alone, and they are capable of much more than they think!



# Cookie dough hummus

By Caitlin Kiarie



Preparing Times  
**30 minutes**



Serving Portion for  
**3 People**

## Ingredients.

- 1 can of garbanzo beans, drained and rinsed well
- ¼ cup of cashews
- ¼ cup + 2 Tbsp maple syrup
- 2 tsp of vanilla extract
- 3 tbsp rolled oat
- 1/8 salt
- ¼ cup chocolate chips

## Directions:

Blend all ingredients except for the chocolate chips in a food processor. Fold in the chocolate chips. Chill the mixture for about 30 minutes. Goes great with celery or carrot sticks.

A woman with brown hair tied back, wearing a grey tank top and a necklace with a green stone, is smiling warmly at the camera. She is in a gym setting with a dark background and a light-colored floor. A small pink triangle is in the top right corner.

# **Secrets to a** ***healthy lifestyle***

I haven't always been a healthy individual. As a child, I was as far from being athletic as possible. My dad is a pediatrician, and I used to beg him to write me bogus health excuses to get out of gym class. I didn't fall in love with fitness until I was out of vet school.

I was working an extremely demanding schedule and was under a lot of stress when a friend invited me to do a boot camp with her. I ended up saying yes because when I mentioned it to others around me, they said I would never stick with it. (It required me to wake up at 3:30 a.m. to finish in time for work.) I took it as a challenge and never looked back.

That was until my pregnancy with my twin girls. I was on bed rest—in and out of the hospital—for three months before their arrival. I hit a new low after becoming a mom and struggled with post-partum depression. Only then did I start to get back up again. I knew what fitness had done in the past for my mental well-being and that it needed to be a priority in my life once again.

### How to stay in shape, even when you are a busy vet mom

Like so many veterinarians, I am a perfectionist. I struggle with wanting everything to be flawless, and if things don't pan out that way, I get frustrated.

I had to realize that “perfection” is an

unattainable illusion, often setting us up for failure before we even step over the start line. I had to learn how to celebrate the little wins knowing they would add up to big change. I also had to get comfortable with having a plan but remaining flexible when that plan wasn't executed the way I wanted.

The convenience of home-fitness programs along with simple nutrition and a supportive community also make the balancing act doable despite my busy schedule.

### Staying fit is hard work, but you can do it!

My alarm typically goes off between 5:00 and 5:20 a.m. I immediately mix up two glasses of our pre-workout drinks and bring one to my husband, *who is still in bed at this point*. While waiting for it to kick in, I read a devotional or two, practice gratitude, and pray. We then go to our home gym, which is currently our garage, and press play on whatever workout we are doing at the time. We just started a new cross-fit-inspired program this week, which has us torching calories while watching the sun come up. It really is such a powerful way to set the tone for a successful day!



The rest of my day depends on what I have going on—usually a mix of enjoying time with my girls, working with my clients through my online health and fitness coaching, mentoring other coaches on my team, writing or speaking, and the addressing the unavoidable responsibilities of keeping a home afloat, such as cooking and cleaning.

**Eating healthy is key to a healthy lifestyle.**

I do eat a lot, and some are surprised by how much I eat. But I eat a lot of stuff that is good for me: veggies, lean protein, fruits, complex carbohydrates, healthy fats, etc.

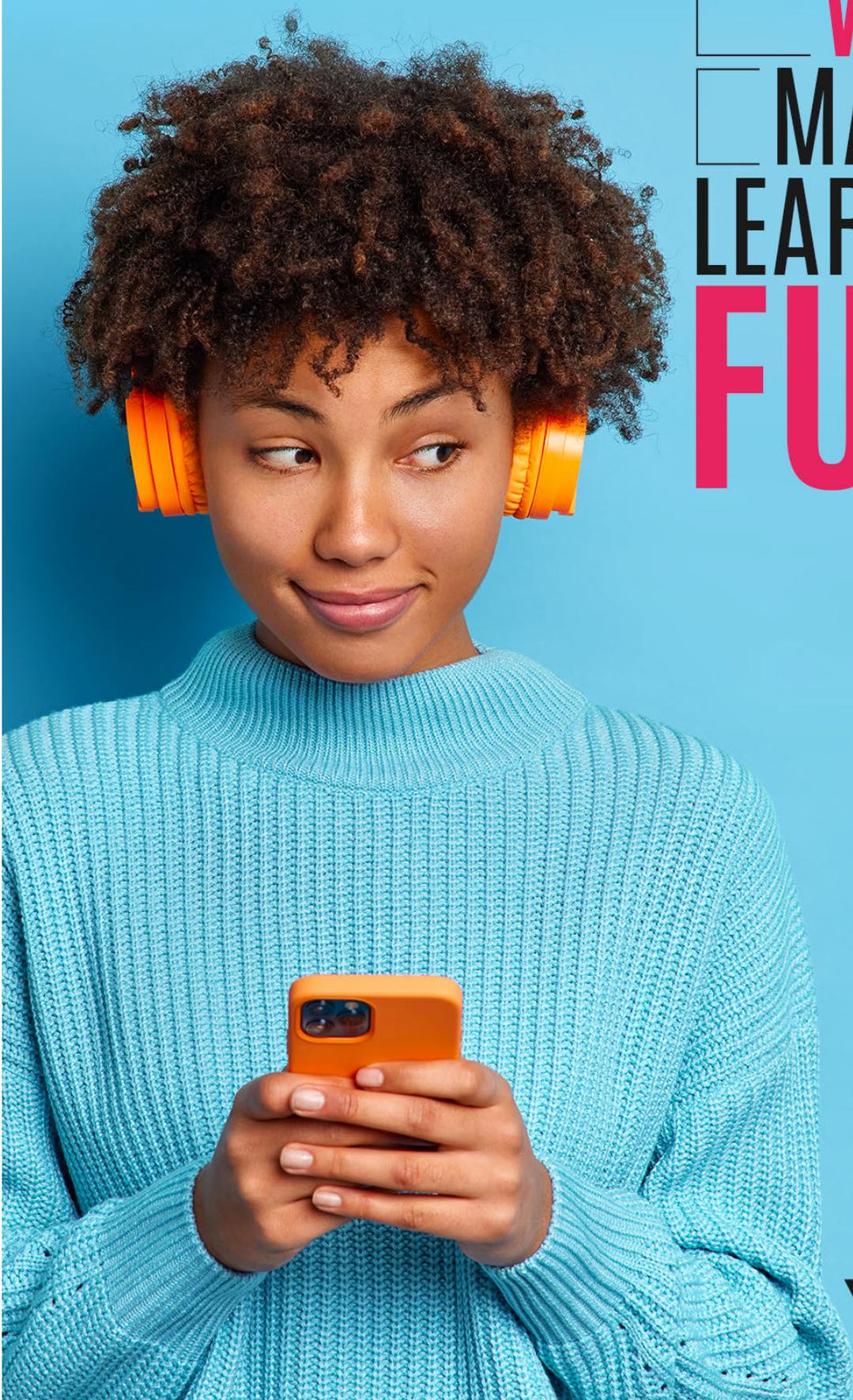
You won't see me cutting out food groups either. I'm a huge proponent of the idea that they all play a role. I tend to veer away from any approach that makes sustainability harder by eliminating them.





**Maria  
Sanders**  
wants your  
parenting  
life to be  
easier





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**MAKE**  
**LEARNING**  
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# Baked Chicken with Dijon & Lime

By Caitlin Kiarie



Preparing Times  
**30-35 minutes**



Serving Portion for  
**4 People**

## Ingredients.

- 8 small chicken thighs, skin removed
- 3 tbsp Dijon mustard
- 1 tbsp light mayonnaise
- 1 clove garlic, crushed
- 1 lime, squeezed, and lime zest
- 3/4 tsp pepper
- salt
- dried parsley

## Directions:

Preheat oven to 400°. Rinse the chicken and remove the skin and all fat and then pat dry. Place the chicken in a large bowl and season with salt. In a small bowl combine Dijon, mayonnaise, lime zest, lime juice, pepper and garlic and mix well. Pour this mixture over the chicken. Next, spray a large baking pan with cooking spray and then place the chicken in a single layer. Top with parsley and bake for 30-35 minutes. Next, place the chicken under the broiler until it is a golden brown. Makes four servings.

# 3 easy hairstyles



Inverted bob- looks great curly or straight with business in the back and party in the front, you can have your cake and eat it too!



Low pony tail- use a smoother to smooth out the loose ends. This is a great hairstyle to use when you need a quick fix for messy hair or need to skip a day between shampoos.



Shorter length is much easier to deal with than longer lengths. The key to the best look would be to have your stylist create with long layers and go no longer than shoulder length



# *Can't sleep?* *Try this!*

Renee Machel, CVT

I suffered greatly from insomnia in my early twenties; I would feel the anxiety building when I started to watch the hours on the clock roll by at night. This condition had frightful control of me every time it knocked on my door once again.

I recognize now, in my late thirties, that the occasional sleepless night is more about me having something to learn and change. I no longer see it as an inability to chemically or biologically produce sleep for days on end. Instead, it is within my power to limit it to just one night.

We've all been there, right? It's a matter of having a lot on your mind or a heavy topic sitting on your chest and not taking action. It's about needing to process the emotions that are bubbling up in order to solve the problems at hand.

So here's what I do now, as a teacher and student of the art and science of well-being.

## I pay attention.

And then I mindfully distract. Let me explain.

If you're in a state of anger, resentment, or fear, you are not in a problem-solving mode. You're not geared towards solution-oriented thinking. Instead, you're probably finding more evidence from past occurrences that support your current claim, ruminating over conversations—both those you've had and those that take place in your head. Go ahead and mutter these oftentimes irrational thoughts and vent them, but then make a conscious choice to shift. Don't get stuck in the downward spiral.

## Move the body, clear the mind.

You have a couple of options: Get up and move around a bit and stretch, or if it's daytime when these intrusive thoughts are bothering you, go for a walk. Getting out of your head just for a little bit will dull some of the mental chatter. This is intentional and short-lived. I suggest using a sitcom as a tool, because laughter can raise your vibes and let the steam from your figurative boiling teapot settle.

## Process using thought experiments.

Some may be naturally more skilled at this, but anyone can do it. Close your eyes and see the multiple options available to you, like a tree and its branches. Allow your mind to open up to ideas you've not yet acknowledged. Journey with **vivid visualization** from start to finish the possibilities available to you, all the while

witnessing your emotions. Use your body as the barometer to gauge your authentic response. If it's what you truly want and desire, you will feel at ease, peaceful, tranquil. If there is a choice that elicits stress, anxiety and so forth, you know not to travel down that road. From there, you can proceed with the logistics or necessary planning, which you will follow through to make this path a reality. Maybe you'll decide to sign up for a different daycare option, submit an application for a new school, or renegotiate a crossed boundary.

This works a little differently when you're evaluating calculated risks like entrepreneurship or going outside your comfort zone for personal growth. (In that case, you can recognize your fear, thank it for trying to keep you safely in the familiar space, but set it aside and choose to reframe anxiousness with excitement.)

## Rein it back in with mindfulness.

So now you've identified the goblin vying for your attention when you're trying to sleep. Bring your awareness back from wandering—a natural state that you need not resist—and gently into the present moment, also a natural state, unencumbered by ruminations of the past or worries of the future. From here, you may be able to settle into the weight of your body on the bed, the softness of your bedding against your skin, and an awareness that allows you to comfortably drift off to sleep. If not, mindfulness reminds us of the temporary nature of everything—including a few elusive Z's.





**Renee Machel**  
wants you to have  
balance in your life





# Avocado chickpea toast

By Caitlin Kiarie



Preparing Times  
30-35 minutes



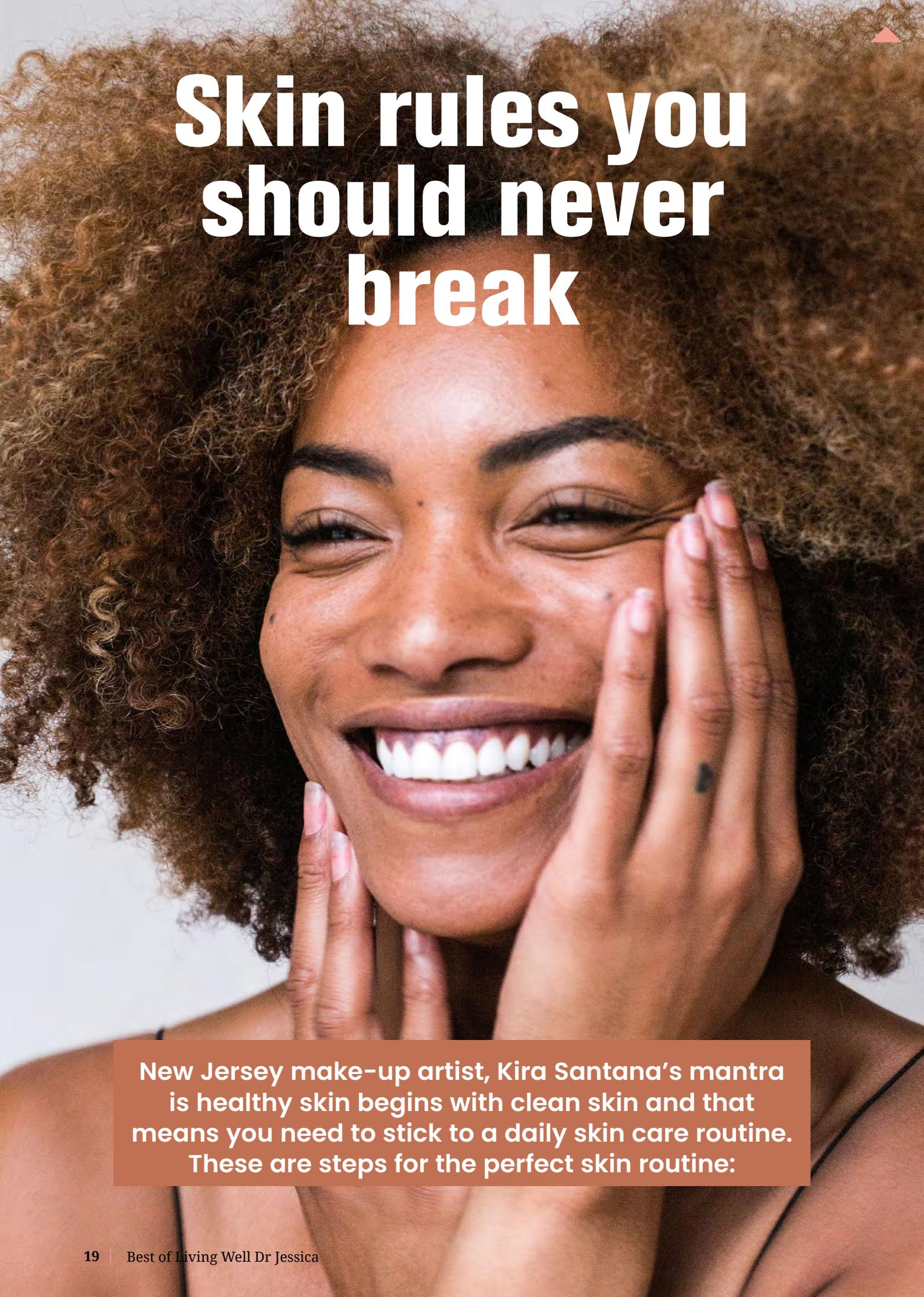
Serving Portion for  
3 People

## 🍴 Ingredients.

- 1 can of garbanzo beans, drained and rinsed well
- ½ avocado
- 1 tbsp. nonfat plain Greek yogurt
- ½ tsp fresh lime juice
- 1 green onion chopped
- 1tbsp. chopped cilantro
- 4 slices whole grain baguettes

## 🍴 Directions:

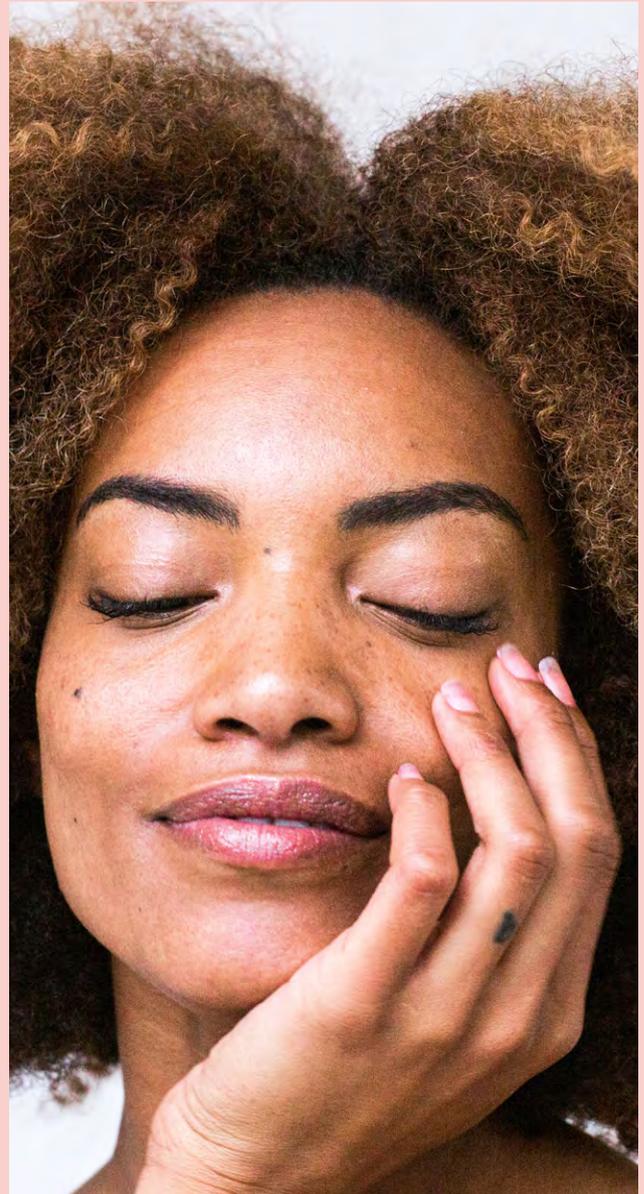
Use a fork to mash chickpeas and avocado together. Mix in Greek yogurt, lime juice, green onion, and cilantro. Use salt and pepper to taste and then spread over the toasted slices of baguettes. Cut into triangles before serving.



# **Skin rules you should never break**

**New Jersey make-up artist, Kira Santana's mantra is healthy skin begins with clean skin and that means you need to stick to a daily skin care routine. These are steps for the perfect skin routine:**

- 1** Know your skin type! Are you oily, normal, dry, or a combination?
- 2** Pick the right cleanser based on your skin type and use it twice a day, before make up and at the end of the day to clean your face.
- 3** Next, use a toner - the ones with witch hazel are the best. if you have sensitive skin, there are toners that are specially made for you.
- 4** A light application of vitamin e oil is a great way to add moisture to your skin. If you have oily skin, you may want to skip this step or only apply in non-oily areas
- 5** Finally, apply a good moisturizer, choose one that works best with your skin type. Night creams are best for those with dry skin.





# Secrets to eating mindfully

By Caitlin Kiarie

**M**ealtimes can be quite hectic for moms as we speed around the kitchen frantically trying to figure out a seemingly balanced meal with a little one tugging at their leg or crying in the background and before long the entire process simply

feels like a chore. Either they don't choose the right food, the right amount, or the right times to be eating and end up feeling as though they haven't really been satisfied all day. Not only will this lead to eventual weight gain or prevent weight loss, it also perpetuates an unhealthy relationship with food that is being inadvertently being taught and role modeled to their child.

# Here are five tips to start eating mindfully

**1** First things first, clear your mind of all the preconceived ideas you have surrounding types of foods and the associations they conjure up for us; for example, thoughts such as bread=sugar=gaining weight or cookies=unhealthy=bad.

**2** Next, think about what your body is feeling in terms of hunger and how much food it might actually need. It might be a salad, a burger, a chicken dish, pasta or maybe even just an apple.

**3** Be sure that you are free from inappropriate distractions when beginning to eat. This means no texting, TV watching, talking on the phone, or reading emails. Not only is this crucial for your own mindfulness practice, but it opens up the awareness for you to connect with your family or friends during meals.

**4** Appreciate the aroma and appearance of your food as you reflect on the tastes, textures, smells, and colors. Some will even find it useful to contemplate the origins of their food to help them connect to the taste and satisfaction gained while consuming it. When feeding children it is always a great idea to talk about these aspects of the food and provide some education about how it was grown, made, or cooked.

**5** Once you are about halfway through your meal, take a moment to pause and consider how full you are feeling and whether you need to keep eating. All too often we eat the portion in front of us rather than the amount our body really requires, which as we all know will lead to weight gain regardless of whether the food was “healthy” or “unhealthy” in our minds.



**Caitlin  
Kiarie**  
wants you  
to have a  
healthy  
relationship  
with food



**LISTEN**

# Make these easy treats

Caitlin Kiarie

My entire family loves these sweet and healthy treats. Try this recipe for Double Chocolate Cereal Treats. These are great whole grain treats to make with your kids. *Adapted from Myrecipes.com.*



Preparing Times  
**30-35 minutes**



Serving Portion for  
**3 People**

## Ingredients.

- 2 cups miniature marshmallows
- 2 tablespoons unsalted butter
- 1 tablespoon unsweetened cocoa
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon salt
- 3 cups whole-grain cereal (such as Kashi Go Lean)
- 1/2 cup carob chips

## How to Make It:

First, combine the first 5 ingredients in a large microwave-safe bowl. Microwave on high for one minute. Remove bowl from microwave; stir with a large rubber spatula coated with cooking spray until smooth. Stir in cereal and then carob chips.

Next, coat a 1/4-cup dry measuring cup with cooking spray. Lightly pack the cereal mixture into silicone heart shaped muffinmolds. Stick in the freezer for a few minutes until firm.

# What I eat in a day

By Dr. Jessica Turner



## Breakfast:

Post-workout recovery shake within thirty minutes of working out (I call this my “pre-breakfast”), then breakfast with my girls. For breakfast, we have two scrambled eggs with two thin slices of Dave’s Killer Bread® with dark chocolate almond butter, slow-cooker steel-cut oatmeal with pure maple syrup and fresh fruit, or Kodiak pancakes—these are my girls’ favorites!



## Lunch:

Lunch is almost always a big salad with all the toppings: lean protein such as chicken or shrimp, all the veggies (tomatoes, cucumbers, colorful peppers, carrots), nuts (walnuts, almonds) or seeds (pepitas), and the occasional grain such as quinoa. I don’t skimp on flavorful dressings, but I do thin out them with water to make less go a long way!



## Snack:

I always have my shake (Shakeology®) mid-afternoon to help me keep sweets cravings at bay and power through the hardest part of the day.



## Dinner:

Dinner can be anything from pepper nachos to spaghetti squash lasagna. I try to focus on options that I can easily tweak to fit my needs while still getting the approval of my husband and girls. For example, it’s easy to make extra taco meat and serve it as traditional tacos while making pepper nachos for me!



# 5 things I love to do

Dr. Jessica Turner

*Writing* - I've found one of my most consistent sources of joy to be writing. I truly believe it is what I am created to do (outside of being a wife and mother), allowing me to bring purpose into my life. Check out my writing at [www.jessicabturner.com](http://www.jessicabturner.com).

*Listen to music* - I've always grown up with music being a huge focus but not in the sense of playing a musical instrument or singing. It's more of a means of therapy for me. You will seldom find me without music playing.

*Drink delicious coffee* - More specifically my assortment of Nespresso pods + my milk frother (always filled with some form of nut-based creamer/milk) allows me to feel if I'm always at a coffee shop which is a favorite workspace for me!

*Stick with my routine* - More specifically my morning routine. It is one of the #1 things that bring me stability in an otherwise unstable world. I wake up anywhere between 5-5:30am and immediately start my day in prayer (love me some Jesus). Then I read my devotionals, write in some shape or form, and work out (within my home). My husband has a similar routine and joins me for the latter.

*Spend time with my cats* - I will proudly associate myself with the "crazy cat" people any day, all day. I've been one all my life (thanks, mom) and have already created two little girls who are following in their momma's footsteps. In fact, I have a cat in my lap as I type this.

**WE**  
**MAKE**  
**LEARNING**  
**EASY!**



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# 9 ways therapy can help

By Dr. Dara Querimit

**A** number of benefits are available from participating in psychotherapy. Therapists can provide support, problem-solving skills, and enhanced coping strategies for issues such as depression, anxiety, relationship troubles, unresolved childhood issues, grief, stress management, body image issues and creative blocks. Many people also find that counselors can be a tremendous asset to managing personal growth, interpersonal relationships, family concerns, marriage issues, and the hassles of daily life. Therapists can provide a fresh perspective on a difficult problem or point you in the direction of a solution. The benefits you obtain from therapy depend on how well you use the process and put into practice what you learn.

**SOME OF THE BENEFITS AVAILABLE FROM THERAPY INCLUDE:**

- Attaining a better understanding of yourself, your goals and values
- Developing skills for improving your relationships
- Finding resolution to the issues or concerns that led you to seek therapy
- Learning new ways to cope with stress and anxiety
- Managing anger, grief, depression, and other emotional pressures
- Improving communications and listening skills
- Changing old behavior patterns and developing new ones
- Discovering new ways to solve problems in your family or marriage
- Improving your self-esteem and boosting self-confidence





*Dump the*

By Caitlin Kiarie

*Diet!*

Each new year brings hope and motivation to make the days ahead better than those of the previous year. As February comes to a rather quick close, many are finding their resolutions made the month before have been forgotten. The result? Frustrated and hopeless feelings that achieving a healthy weight is unattainable, and intentions are being set to “try again” before bathing suit season. Why does this continue year *after year after year*? There is actually a very simple answer to this seemingly complex question: DIETS DON'T WORK.

Diet trends come and go. The real question I'd like you to ponder is “Have you ever given it a try to do things a little differently and actually listen to your body instead of a diet trend?” Now let's be clear, this isn't an easy task for anyone, especially not if you have a history of dieting, unsatisfied body image, negative self-esteem, and a keen ability to ignore your body's hunger and fullness cues. It's also not a task best left up to your own devices, and requires both education and guidance as you discover your body's innate ability to self-regulate. This is a rather large mental shift for most people who find themselves

compelled to jump on the scale on a daily basis or count the calories of every morsel that goes into their mouth.

Mindfulness is a way of life that extends to every aspect of your day. The ultimate goal is to be able to be happy and healthy without the unnecessary burdens of self-judgment and scrutiny. I invite you to look in the mirror and really see yourself today without the harsh judgment that might usually surround your physical appearance. I invite you to really enjoy your food today and savor each and every bite for it's deliciousness rather than it's caloric weight. You may be surprised by the level of satisfaction that can be achieved off a smaller portion of food when eaten in full acceptance.

*You may be surprised by the level of satisfaction that can be achieved off a smaller portion of food when eaten in full acceptance*



After all, isn't our goal to be able to eat whatever food we want in whatever quantity we want without guilt or worry AND be healthy while doing so? Wouldn't we want our children to have a relationship with food that was as freeing as this? We must create this relationship within ourselves in order to teach and role model these behaviors in our children.



**LUCIE LANGEVIN- NEIL  
WANTS YOU TO MAKE YOUR  
HAPPINESS A PRIORITY**





# How do you know when you need **PROFESSIONAL HELP?**

By Dr. Dara Querimit

Everyone goes through challenging situations in life, and while you may have successfully navigated through other difficulties you've faced, there's nothing wrong with seeking out extra support when you need it. In fact, therapy is for people who have enough self-awareness to realize they need a helping hand, and that is something to be admired. You are taking responsibility by accepting where you're at in life and making a commitment to change the situation by seeking therapy. Therapy provides long-lasting benefits and support, giving you the tools you need to avoid triggers, re-direct damaging patterns, and overcome whatever challenges you face.



**QUINCY HAWLEY**  
**WANTS YOU TO FOCUS ON**  
**YOUR WELLBEING**





# Secrets to healthier eating habits

In the hustle and bustle of life, it is hard to find the time to cook something healthy. If you must leave early in the morning and you are coming back late, you won't be quite motivated to begin whipping up some healthy stuff the moment you enter the house, right? But eating right and eating at the right times are extremely important things which can help you feel great and be energetic.

Time is short and there isn't much scope for cooking and other kitchen work so let us help you start small with a few inspirations:

### **Quick-fix meals via microwave:**

The microwave presents more opportunities to cook healthy meals quickly rather than just being a tool to heat up frozen meals. Be it a quick quiche, a mug cake or cinnamon breakfast quinoa – the microwave can be your go-to for any proper yet healthy meal. Eat the right food while spending lesser time cooking it.

### **Three ingredient meals:**

It may sound a little strange, but three ingredient meals can be high on nutrition as well as great

for your tight schedule which allows little time to prep extensive meals. Ample ideas are available on the internet for your quick and easy meals.

### **Iron fuel-up:**

We seldom pay any attention to the importance of minerals but the lack of them can produce severe symptoms of deficiency. One such mineral is iron which when deficient causes depressive symptoms and fatigue. Iron also improves muscular strength and can improve the quality of your day. Munch on oatmeal, lentils, spinach and lean meats.

### **Soups and stews to the rescue:**

Soups can be great comfort foods and also can be dense in nutrients without loading you up on excess carbs or fats. Make a batch for the week and store in freezer and you can thaw as required. Healthy soups can be made in variety and stored for emergency food situations! The microwave comes to the rescue here as well.

### **Smoothie shortcut**

Dump all the dry, non-liquid ingredients in a Ziploc bag and stash in the fridge. When you want

A young man with dark, wavy hair, a beard, and a nose ring is smiling warmly at the camera. He is wearing a white t-shirt and has a black smartwatch on his left wrist. He is holding chopsticks and eating a piece of sushi. In the foreground, a plate of various sushi pieces, including salmon nigiri and maki rolls, is visible. The background is a bright, blurred indoor setting with large windows.

a smoothie, you can simply unzip and pour milk or water and blend in the blender for instant, no-think smoothie which is great for health and tastes great too. Instead of using sugar to sweeten the smoothie, use dates or banana and make it even more healthy! Don't forget to put spinach in, for the extra iron boost.

### ***Don't do everything yourself***

You don't have to go at it alone. If family doesn't or can't help, or you live alone, why not take assistance from apps and home delivery services that can provide your groceries at your doorstep? Maybe you can hire some help when you prep weekly meals? A slight investment now can help you get started on a healthier lifestyle.



### ***Prep weekday meals on weekends***

Make and store as much food you can when you get your weekly off so that there is less chaos on a weekday when you are trying to get everything on time. Chop veggies, prep them, make smoothie bags, precook your quinoa and meat and rice and just keep the assembly pending for the weekday. Store in separate labeled containers and if school going kids are there in your household, have weekday wise, kid wise boxes ready and stored in the fridge to make things easier later.

### ***Less snacking, more meal***

Snacking can easily lead to overeating, gaining weight and feeling lethargic. Too much snacking can even be bad for your sugar and electrolyte levels. There is lower satiety despite a lot of food. Instead, limit the snack time to 2 or 3 times a day and have three nutritionally sensible meals each day.

### ***Mindful eating***

Eating with your focus elsewhere confuses the brain as it is engaged in two activities and hence digestion becomes improper and hormone levels also fluctuate. You eat well but you don't get the benefit of you don't eat with your mind focused on the food. For those 5 minutes, turn off the computer and understand what you are eating. Pay the food respect and it will respect your body.

### ***Use a slow cooker***

Just dump the ingredients into the pot, set timer and leave! A healthy dinner will be ready when you arrive back home and it will even stay warm, thanks to this wonderful invention, which takes the number of hours you would want it to take to cook anything. Some can even be controlled via smartphone-based controls – so that there is more involvement with the cooking process even when you are not near it.

# Chill Out With Gazpacho

Nothing says summer more than a delicious cup of chilled soup. Gazpacho is a cold raw vegetable soup originally from southern Spain. The main ingredients are tomatoes, peppers, onions, cucumbers, garlic, and olive oil. The name gazpacho is of Arabic origin and means 'soaked bread.' Gazpacho is delicious, healthy, and easy to make, since it requires zero cooking. Of course, the fresher the ingredients, the fuller the taste.

Try out this recipe below which was adapted from 100 Best Fresh Soups. Serves four.



Preparing Times  
**30 minutes**



Serving Portion for  
**4 People**

## Ingredients.

- 9 oz breadcrumbs
- 1 pound 9 oz of peeled and chopped tomatoes
- 3 garlic cloves chopped coarsely
- 2 red bell peppers, seeded and chopped
- 1 cucumber, peeled, seeded, and finely chopped
- 5 tablespoons extra virgin olive oil
- 5 tablespoons red wine vinegar
- 1 tablespoon tomato past
- 9.5 cups of water
- Salt and pepper

## Directions:

Place the breadcrumbs in a large bowl and add the tomatoes, garlic, bell peppers, cucumbers, olive oil, vinegar, and tomato paste and mix well. Add mixture to food processor and add water. Blend to a puree. Add salt and pepper to taste. Cover with plastic wrap and chill for 2 hours.



# COOKING CLASS ANYONE?

A.M. Kuska

**W**hether you are working your way through cooking every recipe in a cookbook, or can barely cook yourself a cup of ramen without burning it, cooking classes can be an exciting way to enhance your skills.

Cooking classes are perfect for everyone. If you still have your doubts, here are some great reasons why you should give them a try.

## Brings the family together

You don't have to take cooking classes on your own. Many allow you to bring kids or partners to cook with you. Cooking as a couple can bring you closer together as you learn how to team up to get a recipe together, and get a recipe done, but kids can also benefit. By bringing along an older kid, you're not only giving them much needed life skills, but giving them the confidence to be more independent.

Some cooking classes are even specifically designed for couples or families. Check your local culinary schools for available classes.

## Introduces new recipes to you

We all have that small handful of go-to recipes we make. *A lot*. These recipes are our favorites because they are tasty, cheap, and quick. Going to a cooking class can help us expand on those recipes, and add a few more to the rotation that we love going to again and again.

If you feel like you are in a recipe rut, a cooking class may be the right choice for you.

## Helps you make healthier choices

There are a huge variety of cooking classes available. Some of them are all about indulging yourself, but some of them are really useful too. We all want to eat healthier, but what if we could

learn to prepare snacks and meals that are not only delicious, but super healthy too?

Cooking classes can open you up to a healthier lifestyle, which will benefit you and anyone else you cook for.

## Teaches you basic cooking skills

Unfortunately, the days of learning basic life skills from school are over, and not all parents gave kids chores either. The result is that many of us entered our adult lives without knowing how to wield a knife, let alone understand how to julienne our vegetables.

Cooking classes might not give us the super skills we see on the television, but it will help us become familiar with basic as well as more advanced techniques.

The truth is, even if you know your way around the kitchen, there probably is one or two appliances lurking in your kitchen that make you a little nervous. A cooking class can help you use those appliances.

Cooking classes aren't just for professional chefs. Anyone with an interest in learning their way around the kitchen can benefit from learning new recipes and new skills in a professional kitchen. Whether you are new to cooking or are thinking about a career as a chef, learning from these classes can spice up your life and add new skills to your life.





# Healthy lunch swaps you need to try today

Shannon Gregoire

Living a healthy lifestyle is so important to obtain a long and happy life with your family and friends! It also makes you feel better when you fuel your body with nutrient dense foods! These easy swaps make my busy life a whole lot healthier and I feel better too!

## Seltzer for soda

We all know the additives present in sodas, diet and regular, but sometimes you just like that bubbly mouth feel – I get that! I love packing a flavored, zero sugar seltzer water in my lunch as a nice break from water or coffee that goes well with any meal! My current obsession is the LaCroix Coconut flavor – makes my school day feel a little more tropical!



## Carrots for chips

When packing lunches, it's so easy to want to reach for salty chips to dip in that yummy hummus or guacamole! I started buying baby carrots instead – they deliver that desire for a crunchy snack for dips while giving so many nutrients and a lower calorie count than any fried or baked chip!

## Spaghetti squash for pasta

This is definitely the best kept secret of the squash world! Spaghetti squash is this adorable yellow squash, that when you bake it (lots of recipes online) for about 40 minutes, take it out, then you scrape it out with a fork and it looks like linguine pasta! I like to bake mine with a drizzle

of extra virgin olive oil, garlic powder, salt and pepper and top it with any sauce or additional items you find in your favorite pasta dish!

### **Dave's Killer Bread** **"Powerseed" for white bread**

What shocked me the most when I started looking into breads was that most brands add upwards of 10g of added sugar per serving/slice of bread! That was so scary because it can be just as much as some desserts per serving! So I found this alternative that I am obsessed with because there is only 1 gram of added sugar per slice! That is truly unheard of! It also tastes amazing, and packs a punch with 5 grams of protein and 4 grams of fiber per slice!

These super easy swaps can elevate your normal routine and add extra nutrients to your meals and they are super tasty!



MADE FOR YOUR  
**STREAMING  
WORLD!**



# MY FAVORITE THINGS

By Dr. Jessica Turner



1

## My Nespresso maker:

Gives me the illusion that I am sipping on my favorite drink at my local coffee shop but within my home. It's like a warm hug in a mug!

[Visit Here](#)



2

## My Alltrue (formerly known as Causebox) subscription:

Every season I receive the most beautiful box filled with luxury items that give back in some shape or form. From skincare to kitchen gadgets, this subscription box makes me feel like I'm celebrating my birthday every 3 months!

[Visit Here](#)



## Anything Eucalyptus + Spearmint scented from Bath and Bodyworks Aromatherapy line:

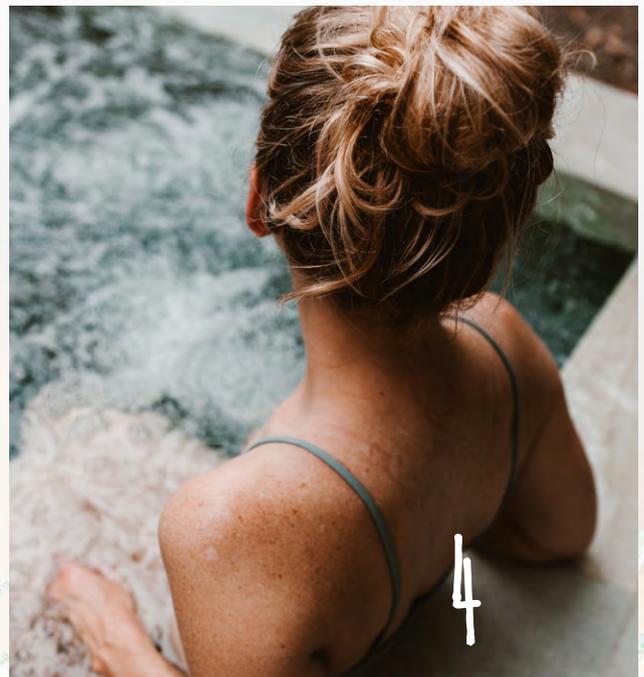
I am obsessed with this scent because it truly works as a stress reliever for me! We keep the diffuser going in our bedroom and my office for an instant spa like feel and I practically cover myself in the lotion before bed every night.

[Visit Here](#)

### Dr. Teal's Bath Salts:

I am one of those people that wind down with a good soak at the end of the day. It's my time to clear my head and just do nothing for a moment. More often than not, you will find one of the many varieties of Dr. Teal's soaking solutions in the tub with me. Instant upgrade to my "me time"!

[Visit Here](#)



### Airbnb getaways:

I can't tell you the last time I stayed at a hotel because my hubby and I have had such success with Airbnb getaways! Because time away, either as a family or just my husband, is such a huge part of maintaining my wellbeing Airbnb has been our go-to thanks to their unbeatable prices and the variety of locations nearby. A few days away in an old cabin in the middle of nowhere is my favorite method of recharging!

[Visit Here](#)

# GOT DRY, ITCHY HANDS? TRY THIS!

As a veterinary professional, part of the job necessitates frequent handwashing, which can leave hands dry and itchy. This easy fix, adapted from a recipe from Secrets of the Spas, is a great way to soothe your skin.

Directions: Place one peeled small cucumber in a blender and blend to liquify. Add in 1 tablespoon of witch hazel and mix well. Apply to clean hands and rub thoroughly. Rinse off, pat dry, and use your favorite moisturizer.



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# About Dr. Jessica Turner

By Ellen Re

**D**r. Jessica Turner is a small-town veterinarian who traded in her stethoscope to become an online coach, writer, and motivational speaker in health and wellness. While she never planned to make such a huge career change, she found herself struggling with postpartum depression after having her twin girls in 2015. That is when she realized she needed to make a shift.

The shift allowed her to focus more on her own well-being while offering a hand to others who were also struggling. Now she is providing guidance to other women to help make their health and wellness a priority.

When she's not writing or coaching, you can find her outside enjoying the Louisiana heat with her husband, twin girls, and her two fluffy geriatric cats.

You can also follow her new podcast, Living Well with Dr. Jessica - which is available on iTunes, Spotify, Stitcher, and most other podcast platforms.

## Continuing education information:

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