

Innovative WellNews



March Food As Medicine

"LET FOOD BE
THY MEDICINE
AND THY
MEDICINE
BE FOOD"
-HIPPOCRATES

Welcome to our March edition of Innovative's Wellness Newsletter! This month, we dive deep into the powerful connection between food and health. Often described as nature's medicine, nutritious food has the remarkable ability to heal, energize, and transform our well-being. Join us as we celebrate National Nutrition Month with tips and insights to help you harness the therapeutic benefits of a balanced diet. Let's embark on this journey to a healthier, happier you, one bite at a time!

How Does Food Impact Our Health?



Fruits and vegetables rich in antioxidants can reduce the risk of chronic diseases such as heart disease and cancer.



Whole grains and fiber can help regulate blood sugar levels and improve insulin sensitivity.



Healthy fats, such as omega-3 fatty acids, can reduce inflammation and support brain health.

Wellness Observance



National Sleep Awareness Month

Quality sleep is essential for maintaining optimal health and well-being. It plays a crucial role in everything from boosting our immune system and improving mental clarity to balancing hormones and reducing stress. Prioritizing good sleep habits can significantly enhance your overall quality of life.



Myth:

You can train your body to need less sleep.

Myth versus Fact

Fact:

Your body has a natural sleep requirement, and consistently depriving yourself of sleep can lead to health problems.

The recommended amount of sleep per day is **7-9 hours** for adults

Dangers of Poor Sleep



Heart disease



Obesity



Type 2 diabetes



Stroke



Poor mental health

5 Tips for a Good Night's Sleep

- 1 Maintain a good sleep schedule by going to bed and getting up at the same time every day.
- 2 Avoid electronics at least an hour before scheduled bedtime.
- 3 Turn down the thermostat. A cooler area allows your body temperature to drop, leading to a more restful
- 4 Pay attention to what you are eating and drinking. Contrary to popular belief, alcohol does not promote good sleep. Eating a heavy meal before sleep can also lead to an unrestful slumber.
- 5 Make sure you are getting your physical activity requirements in. The American Heart Association recommends 150 minutes per week.

Foods to Help Sleep



Cherries, especially the Jerte Valley and Montmorency tart cherry varieties



Oily and fatty fish, like herring, mackerel, salmon, tuna, sardines, trout, and krill



Poultry



Kiwi fruit



Oysters



Eggs



Pumpkin

Sleep Disruptors



Caffeine



High sugar foods



Alcohol



High saturated fat foods (food, ice-cream, processed meats)

Resources:

National Sleep Foundation

Sleep Education

Innovative's Sleep Tip Sheet

Sources: eatright.org, thenfsf.org

