September, 2019

**Subject Line:** Nutrition Tips First, Other Thoughts, Second

Why You Should Be a Pure Food Addict (I’m not there yet…)

Events and Happenings

Greetings, everyone!

I hope that September brings you renewed energy as we head toward the beautiful season of fall. The following information can help you stay on track with your nutrition goals. And remember, everyone goes off of the daily plan for special occasions, such as Labor Day picnics, etc. So, don’t be hard on yourself, push the “reset” button any time you need to. (I surely do!) Just a reminder, after finishing a fifteen year commitment as Superintendent of Lebanon School District, I was certified as a Health and Wellness Coach and Trainer in March of 2018 through the Dr. Sears Wellness Institute. I love my affiliation with this group, which constantly keeps its health coaches updated with new information. I am also connected with the John C. Maxwell Team, as the Maxwell values correspond with mine.

So, you may have heard of Michael Pollan. If not, no worries. In a nutshell, Michael Aaron Pollan is an American best-selling author, journalist, and activist. His book How to Change Your Mind is a New York Times Best Seller, as were many of his others. He advises:

“Eat food, not too much, mostly plants.” – Michael Pollan

What are pure foods? Put simply, pure foods are REAL foods – foods that are grown, not manufactured. Pure foods have not been processed or modified and they do not contain unnecessary additives or preservatives. Think fresh fruits, veggies, nuts, seeds, legumes, lean meat and fish.

Eating pure foods helps reduce your risk of heart disease, diabetes and even some types of cancer. Since they are whole, natural foods, pure foods contain more vitamins, minerals and nutrients than packaged and processed foods. Pure foods also make you feel full longer. Funny, this advice coincides completely with that of scientist Dr. Bruce Lipton who I heard speak last weekend. Why not become a pure food addict, right?

**Tips When Buying Pure Foods**

1. **Buy Local:** Buying local produce means the fruits or veggies have longer to ripen before they’re picked. Or, you can grow them yourself! This means more nutrients for you! (I actually had success with some veggies this year, and I know some of you have as well. Just finished another batch of home made spaghetti sauce – no added salt or sugar.)
2. **Avoid the “Dirty Dozen”:** This is [the list](http://www.ewg.org/foodnews/dirty_dozen_list.php) put together by the Environmental Working Group that highlights the produce that has the highest pesticide residues and higher concentrations of pesticides than other produce items. I love the foods on these lists, and you might as well. If you are making them a part of your regular diet, be sure to wash them well to reduce the impact of pesticides, or go organic if you can.
3. **Eat in Season:** Not only can you save money eating foods that are in season, but seasonally fresh produce is picked when ripe and fully developed. This means the plant has also had more sun exposure and will have higher levels of antioxidants. See what produce is in season [here](http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season).
4. **Wash Your Produce:** If you are unable to purchase organic produce, make sure to wash it well in order to remove harmful pesticides from the surfaces of the food.

Becoming a pure food addict is not a diet – it’s a lifestyle choice. On days when I do it, I reap the benefits. When I don’t, I am less motivated and a little more tired. Try it. Once you notice the positive benefits, this choice will eventually become a habit! Start by making just a few small changes. Choose fresh, raw, whole foods and get into the habit of keeping them readily available so you can snack on them at a moment’s notice. You will find that you will begin to do this more often than not, and you will like it!

If you’re ready to move toward becoming a “pure” food addict, but need help getting started, contact me to schedule a pantry makeover – the first step to a healthier you. There are some really tasty snacks and whole foods that satisfy cravings. Want to learn more about the health benefits of eating pure foods? Schedule a small group coaching session or a mini workshop for your family, friends, or organization.

Everyone enjoys savory food. Here is a recipe that is good for you and tastes great from the Dr. Sears Wellness Institute:

**Recipe**

Fall or Winter Roasted Veggies

*Makes: 4-6 servings*

*Active Time: 20 minutes*

*Total Time: 1 hour 30 minutes*

Ingredients

* 2 sweet potatoes, peeled and sliced into ½ inch cubes
* 1 head of cauliflower cut into ½ inch chunks
* 1 pound of Brussels sprouts, trimmed and cut in half
* 6 garlic cloves, smashed and chopped fine
* 2 tablespoons of fresh herbs like rosemary, thyme and marjoram
* ½ cup avocado oil
* ½ cup maple syrup

Preparation

1. Preheat oven to 450 degrees Fahrenheit and heat oil, garlic and fresh herbs over low heat for 30 minutes.

2. Line a baking sheet with tin foil and put in the oven to heat.

3. Toss veggies in a large bowl, with garlic herb oil and maple syrup.

4. Remove the heated baking sheet from the oven and place the veggies on the baking sheet in a single layer.

5. Return to the oven for 30-40 minutes. Check the veggies after about 15 minutes to see if they are browning. Turn the veggies and check again in another 10 minutes.

6. Cook until fork tender and golden brown. Remove from the oven and serve immediately.

**Quick Tips**

DIY Fruit and Veggie Wash

Buying organic produce may not always be possible. If you aren’t able to purchase organic, make sure to wash your produce well! Use this simple solution:

* 1 tablespoon fresh lemon juice
* 2 tablespoons vinegar
* 1 cup water

Combine all the ingredients into a spray bottle. Spray this solution on all of your fruits and veggies. Then, rinse your produce off and enjoy!

<http://www.ewg.org/foodnews/dirty_dozen_list.php>

<http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>

**On to other things. Here is a recap of recent, current or upcoming events:**

**Salvation Army** Welsh Mountain Health Fair on August 3, 2019. I was happy to participate in this great community event, focusing on nutrition, exercise and overall wellness. LEAN (Lifestyle, Exercise, Attitude, Nutrition.) Great people, great time!

**Healthy Bodies Healthy Minds Institute 2019 – Pottstown, PA– August 14, 2019** It was really fun to work with the teachers and staff representing seven school districts as well as several private schools. The wellness focus for the Institute was geared toward reducing the impact of ACES (Adverse Childhood Experiences that cause trauma) by designing classrooms and schools that provide environments that are conducive to growth and foster a sense of belonging. My sessions were called “Establishing a Culture of Wellness by Building Capacity” and “Add Years to Your Life and Life to Your Years.”

Often times, especially in schools where many students have experienced trauma, teachers, administrators, and all staff can face burnout. It is so important that “self-care” becomes a topic of emphasis for the staff. The adults control the environment. When staff incorporate the four pillars of health into their own lives (LEAN: Lifestyle, Exercise, Attitude, and Nutrition) they can equip their students with positive attributes that help brain function and enable everyone to grow, learn, and thrive.

The workshops I gave were well received. I would love to provide similar workshops to your organization. Contact me now, as my fall schedule is filling up with work and recreation! Marianne.bartley@comcast.net or (717)821-7212.

**John C. Maxwell International Coaches Training** – August 23-August 26 - Wow! This experience was outstanding and empowering. In addition to having time with John C. Maxwell and the Faculty on the John Maxwell Team, I was able to spend a day with Dr. Bruce Lipton. Google him to learn more. My major takeaways….1. The connection between quantum physics and spirituality is closer than I knew……2. Epigenetics and stem cell research are AMAZING, and 3. I love learning more about the brain, and our ability as human beings to unlock potential and by understanding how our subconscious works.

Attention Schools and Youth Group Directors: October is Global Youth Awareness Month, and as a member of the John Maxwell Team, I have five slots in my schedule that focus on youth. I will come to your school or organization for a two hour block to meet with students, any age. I have age-appropriate activities, from stories like “Sometimes You Win, Sometimes You Learn” to the Leadership Game for teens. Contact me to schedule a time in your organization now.

**Mastermind Course: Rising for Action** – **Forming a Coalition of Women Leaders** – This has been rewarding. We are a group of twenty women that meets at the YMCA. We learn, grow, discuss, connect, evolve, and inspire one another. Our Mastermind Group uses John C. Maxwell’s 15 Invaluable Laws of Growth as we dive deep into our understanding of self and make connections with others. We have also networked with local leaders/initiatives during these sessions. (To Date: Laura Crawford, (Lebanon Conservancy), Cornell Wilson, (Making a Difference), Nicki Mauer, (Community Health Council). We have three more sessions this month, and three more guests! I’m looking forward to hearing from them.

**Live2Lead Lebanon County** For the first time, Live2Lead will take place here, at HACC Lebanon Campus, sponsored by my business, Time to Think, LLC. This will be on October 11th, 2019. It is a simulcast event happening at approximately 300 sites across the globe, being broadcast from Atlanta, Georgia. Featured speakers include John C. Maxwell, Rachel Hollis, Marcus Buckingham, Angela Ahrendt and Chris Hogan. I expect it to be phenomenal. For more information about the speakers, contact me. Proceeds benefit our community. You can get tickets here: <https://timetothinkllc.ticketspice.com/live2lead-lebanon-county>

Finally, I know these newsletters aren’t great yet….but in time, they will get better. Starting is better than not starting, and I hope you got a few ideas to make your life better! My business is all about positive change. Whether it’s in the corporate world, with community groups, or individuals, we all have room for growth. Just take some TIME TO THINK!

Someday, I will use social media effectively, until then follow me as I stumble about on twitter @marianne.bartley and facebook. <https://www.facebook.com/marianne.bartley.777>

Here’s to your health and your joy! Marianne

