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SEEDLINGS

SUMMER
EDITION
JUL/AUG 2017

An update on Life and Lifestyle at Ethos Health

A CALL TO ACTION:
**THE 2018
FARM BILL
AND HOW IT
CAN AFFECT
YOUR HEALTH**

**PATIENT FOCUS:
MJ & THE
MARATHON**

**ASK THE DOCTOR:
ABOUT THE
SUMMER SUN**

**ASK ETHOS:
ANTHONY
KASEY
WENDY**

**BIRD/NATURE
WALK AT ETHOS**

**SUMMER
RECIPE**



**MEXICAN
CORN SALAD**



A CALL TO ACTION: THE FARM BILL



In his article recently published by Dr. Oz, Dr. Weiss tells us that the cause of America's healthcare crisis is not a lack of health insurance, rising drug costs or inadequate access to primary care. It is federal agriculture policy.

Through the Farm Bill, Congress directs billions of dollars every year to support the industrialized production of field corn and soybean – two commodities that are responsible for producing the nation's glut of low priced processed and animal foods. Enter <http://blog.doctoroz.com/oz-experts/ron-weiss-farm-blog> into your browser to read the article and learn how you can take action to change our upcoming Farm Bill. 🌱

ASK THE DOCTOR

Summer Sun

When you think of the summer, you think of long, bright days filled with sunshine. Just being in the sun light can lift our spirits. It is the way that our bodies catalyze the hormone Vitamin D that we need to strengthen our bones and to keep our bodies functioning properly.

Sunlight enters our bodies and activates the chlorophyll found in the plants that we eat to make Coenzyme Q10, a powerful antioxidant. Dr. Weiss says that from May to September we should get a dose of the sun every day.

Light-skinned people should spend 15-20 minutes in the sunshine between the hours of 11 AM and 3 PM. This would be without sunscreen on, so the sun's rays can do their work on your skin. For those with a darker complexion, the time will be extended for the sun to adequately penetrate the skin to make Vitamin D. But, we do need to be sun-smart as ultraviolet radiation can also cause oxidative damage that leads to cancer. So, if you have had



skin cancer or pre-cancerous lesions, you should not get even these small amounts of sun exposure.

Wearing sunglasses, especially for those with light colored eyes, helps to prevent UV radiation from destroying the eye's lens and retina. Prevent sunburns by shielding our skin from the sun's rays with clothing and hats and finding shade. When you are in the sun the right type of sunscreen is essential. An SPF over 50 is a waste of time and money; don't bother with it! Sunscreen needs to have zinc or titanium, minerals that prevent the UV rays from being absorbed and penetrating to the deeper skin layers. They are the ones that stay white on your skin when applied.

(continued on page 4)

ASK ETHOS

WHAT IS ONE THING YOU LIKE TO DO IN THE SUMMER?

Kasey Dolan, Assistant Farmer, likes to play rugby.



She played the fly half position in college and still enjoys competing in an occasional game.

She also watches matches on TV when she can.

Wendy Yurgosky, Healthy Living Associate, likes to



forage for berries, especially in the local woods.

Summer specialties include wineberries and elderberries. She also enjoys searching for wild mushrooms.

Anthony Masiello, Wellness Coach,



likes to wake up with the bright, warm, early morning sun shining into his bedroom window; a perfect start to his day!



PATIENT FOCUS



MJ & THE MARATHON


In life's race you must plan, train consistently and then keep moving forward to make sure you cross the finish line in victory. Such was the experience of MJ, a patient at Ethos Primary Care. In April, she ran her first marathon and describes it as "one of the single best days of my life." She accomplished her goal of running the entire 26.2 miles without any walking.

This is amazing when you consider that when she first came to Ethos in October, she was very overweight, depressed and in miserable pain. Dr. Weiss and the Ethos Team guided her on HOW to change and she saw rapid results, losing 30 pounds in 4 months.

There were challenges and sacrifices to reach her goal. She battled asthma and chronic back and knee pain. Many days she was up at 4 AM for her training runs. She was inspired to keep going and to give more. Through the experience, she learned about her strength and gained mental toughness. To others she would say, **"NEVER give up" and "ALWAYS keep your eyes on where you're headed."** Her focus was feeling strong and crossing the finish line; she pictured that on EVERY run.

With this first marathon behind her, she is working to get her body in even better condition. There are more marathons in her near future and even a half Ironman: Quite a transformation from her previous life! By following the Ethos version of a WFPB diet, she was "putting the right gas in the tank." She noticed how it helped her with the recovery from the runs. She stayed strong throughout the 6 months of training and the "Ethos Diet" took her all the way through the 26.2 miles on race day.

MJ is a full-time business owner, wife and involved mother to a 10-year old son. Ethos' attitude towards mindfulness helped her push through the challenges from a busy life and she enjoyed the run. Etched in her mind are the signs, smiles and cheers from race day. And, at the end of the day, she came out on the other side a totally different person. It takes dedication and strength to pursue your goals toward health and fitness. Ethos Health encourages and supports people to overcome challenges and we celebrate all the success stories. MJ is an example of what one can accomplish.

If you are looking for that kind of assistance, call our office at 908-867-0060 to talk about how we can help you to also cross the finish line and be victorious. 



MEXICAN CORN SALAD

(makes 6 servings)

by Dr. Barnard modified by the Ethos Health Team



This recipe is perfect for Summer picnics. It was made to serve cold as a main dish, but it is versatile and could also be warmed up (minus the vinegars and lemon juice) as a base of a stew, used as a salsa-like dip, or spooned over a salad as a different twist on a dressing... YUM!

Ingredients

- 15oz frozen organic corn, defrosted
- 1 large cucumber, diced
- 1/2 c red onion fine-chopped
- 1 red bell pepper, diced fine
- 1 tomato, diced
- 1/4 c black beans
- 1/2 c cilantro or parsley chopped
- 2 tbsp rice vinegar
- 2 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/8 tsp cayenne pepper

Method

1. In a large salad bowl, combine corn, cucumber, onion, pepper, tomato, beans and cilantro.
2. In a small bowl combine vinegars, lemon juice, garlic, cumin, coriander & cayenne.
3. Pour over the salad and toss gently to mix.



Summer Fun (con't from page 2)

Sunscreens without these ingredients don't work as well, can be carcinogenic and are endocrine-disruptors. For more info about finding the best sunscreen including info about avoiding nanoparticles, visit www.ewg.org. This summer, enjoy the sun as you build up your Vitamin D but be safe. As Dr. Weiss notes, sun exposure is a yin-yang phenomenon: The sun lifts our moods and helps our bodies but it can also cause damage. In future Seedlings we will cover more information about Vitamin D, so stay tuned! 🌱

BIRD & NATURE WALK AT ETHOS

John Parke, an expert with NJ Audobon, led a dozen people around the Ethos Farm on our Nature Walk in June. We saw all

kinds of foliage and heard about the ecosystem that makes up the 342 acre property comprised of forest, fields, and wetlands. We were able to compare flight patterns of an eagle, hawk and falcon. We walked down to a vernal pool to observe amphibians. We saw a new-born fawn with 2 adult deer. And, we learned how to make just the right sound to get birds to come



out of hiding. It was a great way to discover Ethos' commitment to our natural world. You can find out more information about our land by visiting our website at www.EthosHealth.org 🌱

MARKET OPEN

The Doctor's Farm Market
Open Fridays and Saturdays
from 9am - 3pm, at Ethos Farm



Pre-paid Farm Cards
available at a discount!

10% DISCOUNT SPEND \$50-249	15% DISCOUNT SPEND \$250-499	20% DISCOUNT SPEND \$500+
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Share
Your Story!

Tell us your story about how a WFBP lifestyle led to a healthier YOU!

We'd love to share your experiences from your personal journey in a future Seedlings newsletter.

Please submit stories via email to:
info@myethoshealth.com today!



Ethos Health Medical Practice & Farm

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