

The Spinal Column July 2008



Happy July 4th

5 Healthiest Anti-Aging Snacks

- 1. Nuts and seeds keep you young:** nuts and seeds are absolutely the best snack of the bunch. They help combat heart disease, impotence, infertility, and high blood pressure. Almonds, pine nuts, sesame seeds, brazil nuts, walnuts, pumpkin seeds, sunflower seeds, flaxseeds, peanuts, and pistachios. Try them all!!
- 2. An apple a day for heart health:** there are many reasons to eat an apple, or two, or three, every day. Apples contribute to a healthy heart, decreased cholesterol levels, and helps prevent colon cancer.
- 3. Bring on the berries:** berries are bursting with antioxidant compounds that reduce free radical damage.
- 4. Avocado: Packed with nutrients:** Avocados help prevent disease, low sperm count, and premature aging. They also protect your body from the harmful effects of pollution, chemical, radiation, alcohol, and smoke.
- 5. Apricots for anti-aging:** One of the staple foods of the famously long-lived centenarians (people 100+) in the Hunza valley of the Himalayas is the apricot. Apricots have a high level of carotenoids, an antioxidant that helps prevent heart disease, reduce “bad cholesterol” levels, and protect against cancer.



Recipe of the Month

Orange Cookies

Created for fitness by chefs at Whole Foods Market, this sweet snack is packed with vision-boosting beta carotene.

- 1/2 cup currants
- 1 1/2 cups all-purpose flour
- 3/4 cup whole-wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 2 sticks unsalted butter, at room temperature
- 1 cup packed light-brown sugar
- 2 large eggs
- 1 tablespoon grated orange zest
- 2 cups grated carrot

Heat oven 350 degrees. Cover currants with boiling water 5 to 10 minutes. In a large bowl, sift together flours, cinnamon, baking soda, salt and nutmeg. In a separate bowl, beat together butter and brown sugar. Add flour mixture until just combined. Refrigerate for 30 minutes, then scoop teaspoonfuls of dough onto nonstick baking sheets. Bake for 10 to 12 minutes.

162 calories, 2g protein, 21g carbohydrate, 8g fat, 5g saturated fat, 1g fiber.



Fitness Magazine

Backpack injury is up 256% in the last 10 years!!

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