



The Moon Gardens' Messenger

Cultivating Creative ways to Care for others, ourselves, and the environment.

Mahalo to all, for your support in our nonprofit efforts. We hope to continue building Moon Gardens so that we may provide our community workshops, resources, recipes and more! If you have a suggestion of a place that may want to host one of our Wellness Workshops, please email us at moongardens.org@gmail.com.

Tackling Triglycerides

Triglycerides...we've heard this term, but what are they?

Triglycerides are the major form of fat in both humans and animals alike.

When we eat food and consume more calories than our body needs, it gets converted into triglycerides and gets stored in our fat cells.

These stored triglycerides can be converted into energy when one is not eating between meals.

Continually eating more calories than our body needs, is one of the ways we can develop high triglycerides (hypertriglyceridemia).

Through a simple blood test, we are able to note the triglyceride count in our bodies. This is usually included in a lipid profile.

Although it is not actually known how, research does indicate high levels of triglycerides in the body put one at risk for heart attack and stroke.

Here are a few tips to get you started on preventing high triglycerides, and lowering them if they are elevated. It is important to note more and more teens and kids are also dealing with high triglycerides; so these are tips for all ages!

- Limit consumption of high sugar beverages.
- Practice portion control strategies (for a detailed guide email: moongardens.org@gmail.com)
- Make regular movement a part of your day.
- Become aware of mindless snacking between meals and work on decreasing this unnecessary snacking.

Helpful Herbs

Salt is not a bad thing, in fact our bodies—at any age—need salt. Too much salt is where the problem lies. An easy way to intake too much salt is from the excessive use of certain condiments and processed foods.

A great way to balance out salt intake is to incorporate more herbs into the diet. They add both flavor and health benefits! Many herbs such as various types of parsleys and basil have beneficial properties for heart health.



The benefits are present in both fresh and dried herbs. Research indicates a ½ teaspoon of a dried herb adds a lot! A few good rules of thumb to receive the benefit, is to use dried herbs within one year, and do not store them in direct sunlight.

Wellness Widget

Two exercises for the heart are: walking and strength training. Strength training can include using weights or simply utilizing your own body weight. Consider adding squats and push-ups into your day. Pick up some dumbbells during the commercial break of your favorite television show or leave them by your work desk. You may even want to try Pilates. YouTube is our own personal trainer! Start with trying a short video there. No matter your age, a short burst of exercise benefits all!



The Helpers High

Scientists have coined the term “the helpers high” to describe the endorphins that are released in the brain when one performs an altruistic act.

Research demonstrates that when we give of ourselves, we truly benefit. Some studies have found the benefits may lead to: lower blood pressure and cortisol levels—the major stress hormone in the body. And stress does not discriminate when it comes to age! Even kids and teens can have elevated cortisol levels. Encouraging the young to help the elders and visa versa is a great way to decrease cortisol for all!

It has also been shown to increase self-esteem and lessen depression. A little bit of love really does go a long way! It's a circle of us all supporting each other's health.

Make Moments Matter

Many conditions in the body have an inflammation base. Whether it be genetic, or a condition that has developed over time, inflammation can make the condition harder to bear. Here are some tips to keep chronic inflammation low in the body. Practicing these behaviors regularly, may help manage inflammatory conditions.

Eat Real

Cut artificial ingredients out of your diet, as many are known to increase inflammation.

Limit Sugar

Enjoy sweeteners in moderation as excessive sweeteners in the diet can increase inflammation.

Increase the Dark Green Veggies in your Diet

Veggies such as: spinach, kale, broccoli, and collard greens especially help with inflammation.

Sleep Well

Not sleeping well, can increase levels of stress hormones that can lead to inflammation. If you have trouble sleeping well, email: moongardens.org@gmail.com for a “Getting Good Sleep” guide.

Travel Through Taste

Earthy Ingredients

Trying new flavors helps us to discover healthy, quick and tasty recipes we can keep in our meal planning. This recipe is easy to make, and contains the complex carbohydrate garbanzo beans which is good choice for diabetics and overall health! And the only way you'll know if you like it is to give it a try...

You'll Need

- 1, 15 ounce can garbanzo beans (or beans prepared from the dried state).
- 2 tablespoons olive oil
- ¼ teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon salt
- 1 tablespoon lemon juice



Delectable Directions

- Heat olive oil in a small bowl on low-medium heat.
- Add chili powder and cumin for a minute to release flavor.
- Add remaining ingredients and heat through.

Serve over couscous or rice, with pita, or simply by itself.

Become an Artist in the Kitchen

- Sauté a bit of chopped onion with the spices.
- Top with some fresh cilantro.
- Top with some fresh diced tomato.

Want to see a specific ingredient featured in our next newsletter recipe? Email us your request. We'll tally up the most common response, and feature a recipe showcasing that ingredient.