



The Moon Gardens' Messenger

Cultivating creative ways to care for the health of others, ourselves, and the environment.

Health for Ourselves and the Environment

We hear it all the time ... it is better to give than to receive, and science actually validates this statement! Research indicates sharing our time, resources and talents aids in a positive mood, and is good for heart health. Let's focus on the gift of health for others, ourselves, and the environment.

- Create time to volunteer for an organization that you value their mission. Any amount of time you can give is beneficial.
- Help a friend who is struggling by cooking a dinner or babysitting for them.
- Visit those that are confined to their homes.
- Bring positivity to your work environment. A simple note of encouragement to a coworker that is overwhelmed can go a long way.

Now think about yourself. What is something you can do for your health be it with food choices, exercise or stress management. When you care for yourself you are able to be more present for others.

- Take time to practice five minutes of structured silence a day.
- Make an appointment with yourself in the upcoming week to participate in an exercise you enjoy.
- Focus on decluttering and decorating the eating area in your home to be an inviting place.
- Commit to consuming only real foods.

Every little bit does count! Think about what you can do for the environment which, in turn, can benefit your health too!

- Walk more places when possible.
- Eat a diet free of meat and dairy at least once a week.
- Take your own reusable eating utensils to eating establishments to reduce the use of single use plastics.

80/20 Is Balance

None of us are perfect; we know this, now we just have to accept it. Many times people feel they messed up and are getting off track with their health and this is the beginning of a downward spiral. Be aware of this and stop it before it happens. We need to create peace and balance around caring for our health. A good strategy is to practice the 80/20 rule.

Embrace trying to live a life of health but be at peace with the falls and know that the goals you set are techniques to make the falls happen less and less.

Yes there may be a meal you take an extra bite on. But this is only 1 of the over 1,000 meals you'll eat per year.

Yes you may have a crazy, busy day and exercise cannot fit in. But you can make up for it the next day and remind yourself every little bit of movement really does count.

Instead of getting frustrated with yourself focus on the 80/20 rule:

- 80% of the time we are eating real foods and controlling portions.
- 80% of the time we are managing stress and participating in regular physical movement.
- 20% of the time things get a bit off track.

This is living a life in balance and can help relieve some of the stress of feeling you have a perfect healthy lifestyle every day. Your health will thank you for this approach to living!



Rest Your Eyes for Health

Staring at smart phones, tablets or computers for long periods of time can create eye fatigue. For the health of your eyes and to renew our energy, we need to give our eyes a rest.

Every hour create a screen time break. During this break do something that helps you destress such as singing a song, taking a meditative walk or calling a friend that makes you laugh.

Having Caffeine Healthfully

Caffeine can be our friend when used properly. Many energy drinks contain artificial flavors, colors and excess sweeteners that are harmful to health. Choose coffees and teas as they are natural sources of caffeine. They also contain antioxidants—compounds that support health—aiding in the prevention and management of cancers, heart disease and diabetes. The majority of the time it is optimal to have the beverage plain, but when using sugar and/or cream, be mindful of the amount you use. A suggestion is to enjoy the beverage plain 4 days a week and 3 with a splash of cream.

Travel Through Taste

Cauliflower Au Gratin

Ingredients

- 1 cauliflower cut into 1-inch pieces
- 3 tablespoons butter (Divided 2 tablespoons, and 1 tablespoon)
- 2 tablespoons flour
- 2 cups milk
- ¼ teaspoon nutmeg
- Salt and pepper to taste
- ¾ cup grated parmesan cheese (or other hard cheese of choice)
- ¼ cup breadcrumbs

Directions

- Over medium high heat, bring a pot of salted water to a boil. Then add cauliflower to the boiling water for 5 minutes or lightly softened. Drain cauliflower and set aside.
- In a medium pot over medium low heat, melt 2 tablespoons butter. Add the flour and whisk constantly for approximately 2 minutes to form a roux.
- Slowly pour in milk and bring to a simmer, whisking continuously to remove lumps until sauce thickens about 10-15 minutes.
- Remove from heat and season with salt and pepper to taste. Add the nutmeg and cheese.
- Pour ½ of the sauce in a 1 ½ quart baking dish. Top with cauliflower and pour the rest of the sauce over it.
- In small pan melt one tablespoon butter and sauté breadcrumbs in the butter. Place over cauliflower.
- Bake at 375 F for at least 25 minutes or until the top has browned.