THIS EDITION FEATURES:

**Joyous Movement**

- Treat Yourself...in Moderation
- Seasonal Produce: Winter Delights
- Holiday Spending Survival Tips
- Resist Antibiotic Resistance
Laughter Yoga? It’s a thing! This movement was created by Dr. Madan Kataria, a medical doctor from India. Laughter Yoga is a combination of deep yogic breathing and laughter, but you can add laughter to any fitness routine.

**How it works:** It can be any type of exercise, from biking to dancing, walking, or working out at the gym. The deep, frequent breaths we take during laughter and exercise oxygenate the body and the brain, which can make you feel more energetic. Laughing while exercising can also make your core muscles work harder.

**Laugh and the world laughs with you:** Any kind of laugh works. You can even laugh to a favorite song: just sing “ha” in time with each word. Your body won’t know the difference between a real or a fake laugh.

**Be joyful:** Ask friends to join you for a workout that includes jokes, funny faces, and silly dances. Compete to see who can make each other laugh the most. The most important thing? Not to worry about looking funny.

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**Treat Yourself... in Moderation**

Desserts are always a temptation, but a seasonal parade of holiday treats makes it that much harder to resist. Instead of making yourself miserable avoiding all holiday treats, why not allow yourself just one treat each day? If you limit yourself to one indulgence a day, and take your time savoring it, you could be very happy when January 1 comes around. So how can you hold yourself accountable to this promise?

**Write it down:** Not eating every sugary thing you see takes willpower, but it also takes planning. Write yourself a reminder or set an alarm on your smartphone to tell yourself when and where you are going to eat that one sugary treat the next day.

**Save it for later:** If you can hold off, it’s better to have that treat later in the day. If you eat your treat for breakfast, you’re going to be wanting something sweet for the rest of the day and the evening. Save it for later, so you have something to look forward to.

**Be flexible:** The treat doesn’t always have to be sugary — for variety, swap the cookies for fresh or dried fruit. If you don’t want a sweet treat one day, don’t have it!
Seasonal Produce:
Winter Delights

Think that winter means the end of fresh fruits and vegetables? Think again! Below are a few options and ideas for preparing them:

<table>
<thead>
<tr>
<th>What</th>
<th>About</th>
<th>How to Prepare</th>
</tr>
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<tbody>
<tr>
<td>Parsnips</td>
<td>Root vegetable similar in taste to a carrot, but sweeter</td>
<td>Bake, mash, or roast.</td>
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<tr>
<td>Butternut Squash</td>
<td>Turns creamy and sweet when cooked</td>
<td>Sauté in a little butter or roast with olive oil.</td>
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<tr>
<td>Greens</td>
<td>Kale, collard, and mustard greens are hearty enough to survive colder temperatures</td>
<td>Simmer or sauté until bright green or longer, until soft and creamy.</td>
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<tr>
<td>Persimmons</td>
<td>Date-like sweetness and a hint of spice</td>
<td>When ripe, simply slice or spoon up the flesh.</td>
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<tr>
<td>Pomegranates</td>
<td>Each fruit holds up to 600 juicy, jewel-like seeds</td>
<td>Add seeds to salads, cocktails, desserts, or stews.</td>
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<tr>
<td>Pears</td>
<td>Succulent addition to all sorts of winter dishes</td>
<td>Slice and add to salads with crumbled cheese and walnuts, or try poaching a crisp Bosc pear in red wine.</td>
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Recipe of the Month:
Chicken and Walnut Stew

Ingredients:

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<tr>
<th>¼ cup sunflower or safflower oil</th>
<th>2 cups pomegranate juice</th>
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<tbody>
<tr>
<td>2 lbs boneless, skinless chicken cut into 2-inch pieces</td>
<td>1 lb walnuts, finely ground in food processor</td>
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<tr>
<td>1 large onion, thinly sliced</td>
<td>Sea salt and ground pepper, to taste</td>
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<tr>
<td>1 cup water</td>
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Instructions:
Heat a large saucepan and pour a tablespoon of oil into the pan. Add onions and cook until soft and lightly browned. Season the chicken with salt and pepper, add to the pan, and cook until browned. Add the walnuts, pomegranate juice, and 1 cup of water. Bring to a simmer, cover, and allow to cook for 1 hour over medium-low heat.
Have a cold? Get a prescription for an antibiotic, right? Not necessarily. Bacterial and viral infections can cause similar symptoms, but they are vastly different when it comes to how they respond to medications.

**Bacterial infections**

Bacterial infections require antibiotics. Unfortunately, bacteria are very adaptable, so overuse of antibiotics has created a number of drug-resistant germs. This is why antibiotics should only be used if there is clear evidence of a bacterial infection.

**Viruses**

Viruses are not impacted by antibiotic drugs. Taking an antibiotic for a viral infection is more than useless, it's harmful in two ways: First, the antibiotic will still attack bacteria in your body, but that bacteria may be beneficial. Second and more importantly, this misuse of medication promotes antibiotic resistance. This means that when people are sick with bacterial infections, the antibiotics that previously treated these illnesses will become less effective or not work at all.

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**Holiday Spending Survival Tips**

The holiday season may be the most wonderful time of the year, but it can also be the most expensive time of the year. We spend and spend on gifts, travel, and hosting holiday parties, then feel miserable when those bills start coming in January. But there are ways to curb your spending and still have a truly joyful holiday.

1. **Make a budget.** Consider how much you can afford this year and break down your spending limit into categories. Set a spending limit on each category and aim to pay cash for your purchases.
   - Gifts
   - Holiday meals
   - Entertaining
   - Decorations
   - Travel
   - Holiday cards

2. **Make gifts instead of buying them.** If you aren’t particularly crafty, there are a number of stores that specialize in arts and crafts projects for jewelry making, furniture painting, and scrapbooking, just for starters.

3. **Give your time.** Everyone lacks time during the year. Spending time with the people you care about can be the best gift of the season. Focus planning around experiences that make meaningful memories.

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**Resist Antibiotic Resistance**

What can you do to prevent antibiotic resistance?

- Don’t request or pressure your doctor for antibiotics.
- Don’t take antibiotics purchased on the Internet.
- Don’t take antibiotics left over from a previous prescription.
Four Ways to Thrive in Chaos

Relationship issues, financial distress, burnout, health concerns…all of these stressors can put us into a frenzy and cause outer chaos. Major upheavals in life can feel like a violent storm, but it is these unexpected events that can also teach us to thrive.

We are creatures of habit, and change can turn our world upside down. Willingness to adapt to change and challenges begins with mental preparedness. Below are four ways to thrive in chaos:

1. **Positive talk.** Speak to the positive. Instead of “I don’t want to,” say “I would rather.”
2. **Strong relationships.** Social support can help situations feel less stressful.
3. **Flexible perspective.** Seeing challenges in different ways may yield solutions.
4. **Exercise.** Aerobic exercise pumps up the production of your brain’s feel-good neurotransmitters.

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**Monthly Quiz:**

1. According to the article, when is the best time to enjoy a sweet treat?
   - a. For breakfast
   - b. At the end of the day
   - c. Anytime

2. Antibiotics are properly used when treating which type of infection?
   - a. Viral
   - b. Bacterial

3. Which of the following is NOT listed as holiday spending survival tip?
   - a. Make gifts instead of buying.
   - b. Set a holiday budget.
   - c. Skip the holidays.

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ANSWERS: 1) b 2) b 3) c