

SELF-CARE SOLUTIONS

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QUARTERLY NEWSLETTER
Wellness through lifestyle medicine

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Culinary Medicine

Here are 5 steps to help you get the best from culinary medicine:

1. Choose fruits and vegetables at peak season
 2. Purchase fruits and vegetables from farmer's markets
 3. Include a variety of herbs and spices in your weekly meals
 4. Try edible flowers in salads and soups
 5. Create your own healing garden
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Healing Poetry

A article in the *Evidence-Based Complementary and Alternative Medicine* journal shows that poetry has the power to help heal a person.

For the best results, choose your favorite poem and read it out loud.

For example, try the poem *The Road Not Taken* by Robert Frost.



The Road Not Taken by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I
I took the one less traveled by,
And that has made all the difference.

Increasing Happiness



Here are 3 steps to help improve your happiness:

1. A study in the *American Journal of Public Health* found that "Increased fruit and vegetable consumption was predictive of increased happiness, life satisfaction, and well-being."
 2. Stay socially connected with family, friends, neighbors, and pets.
 3. A study in *Environmental Science and Technology* indicates that getting sufficient outdoor exercise in nature can help improve mental wellbeing.
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Healing Spaces

Consider creating a healing space in a room, balcony, patio, backyard, garden, or garage.

Make sure your healing space has adequate outdoor light, ventilation for fresh air, and a nice view.

Consider adding nice plants, artwork, and music to your personalized healing space.



Sources:

Culinary Medicine

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