



Vitality

Natural Health and Wellness Center

"The path to a healthier, more vital you."

January 2020 Vitalit-E-News References

Planning for Your Best Health in 2020

Young, S. "Healthy Behavior Change in Practical Settings." Perm J (2014, Fall) 18:4: 89-92. Accessed 10 Nov 2019: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4206177/>

NIH.gov "Changing Your Habits for Better Health." Accessed 10 Nov 2019:
<https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health>

APA.org "Making Lifestyle Changes that Last" Accessed 10 Nov 2019:
<https://www.apa.org/helpcenter/lifestyle-changes.aspx>

Harvard Healthbeat "7 ways to Jumpstart Healthy Change in Your Life." Accessed 10 Nov 2019:
<https://www.health.harvard.edu/healthbeat/7-ways-to-jumpstart-healthy-change-in-your-life>

Beckman, S. Cooper Institute. "Tips to Support Healthy Behavior Change." Posted 30 Jul 2015: Accessed 09 Nov 2019: <https://www.cooperinstitute.org/2015/07/tips-to-support-healthy-behavior-change/>

Resources from Health Psychology Course, University of Hartford.

Wild about Winter Greens!

CDC.gov "Defining Powerhouse Fruits and Vegetables." Accessed 10 Nov 2019:
https://www.cdc.gov/pcd/issues/2014/13_0390.htm

"What Is Kohlrabi? Nutrition, Benefits, and Uses." Posted 15 Aug 19 by Davidson, K. Accessed on 10 Nov 2019: <https://www.healthline.com/nutrition/kohlrabi>

FruitsandVeggies.org "7 Versatile Greens." Accessed 10 Nov 2019: <https://fruitsandveggies.org/stories/winter-greens/>

NaturalFoodSeries.com "11 Amazing Health Benefits of Radicchio." <https://www.naturalfoodseries.com/11-health-benefits-radicchio/>

Healthline.com "10 Impressive Health Benefits of Watercress." Accessed 9 Nov 2019:
<https://www.healthline.com/nutrition/watercress-benefits#section1>

Vibrant Winter Greens with Walnuts, Dried Cranberry and Lemon Vinaigrette

Vinaigrette Recipe Source: Epicurious: <https://www.epicurious.com/recipes/food/views/simple-lemon-vinaigrette-51183020>

Salad Preparation Source: Medicine Talk Staff

Ashwagandha: Herbal Support for Stressful Times

Johnson, R.L., S. Foster, Low Dog, T. and Kiefer, D. National Geographic Guide to Medicinal Herbs: The World's Most Effective Healing Plants. (2012) Washington, D.C.: National Geographic.

Chandrasekhar, K et al. "A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults." Indian journal of psychological medicine vol. 34,3 (2012): 255-62. doi:10.4103/0253-7176.106022 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3573577/>

Singh, Narendra et al. "An overview on ashwagandha: a Rasayana (rejuvenator) of Ayurveda." African journal of traditional, complementary, and alternative medicines : AJTCAM vol. 8,5 Suppl (2011): 208-13. doi:10.4314/ajtcam.v8i5S.9 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3252722/>

Pratte, Morgan A et al. "An alternative treatment for anxiety: a systematic review of human trial results reported for the Ayurvedic herb ashwagandha (Withania somnifera)." Journal of alternative and complementary medicine (New York, N.Y.) vol. 20,12 (2014): 901-8. doi:10.1089/acm.2014.0177 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4270108/>

Duke, James. A. (2002). Handbook of Medicinal Herbs (2nd Ed). Boca Raton, FL: CRC Press.

Siberian Ginseng: Botanical Remedy for Immune & Stress Support

WinchesterHospital.org "Eleutherococcus senticosus" Accessed 10 Nov 2019: <https://www.winchesterhospital.org/health-library/article?id=108346>

ScienceDirect.com "Eleutherococcus senticosus" Accessed 10 Nov 2019: <https://www.sciencedirect.com/topics/neuroscience/eleutherococcus-senticosus>

Keeping a Diet Diary

KaiserPermanente.com "Best Diet Apps of 2018." Accessed on 11 Nov 2019: <https://www.health.kaiserpermanente.org/best-diet-apps/>

MindfulBody.com. "Food Journal Practice." Accessed on 11 Nov 2019: <http://www.mindfulbody.com/daily-practice/main-journal-page/food-journal-practice>

LivingSafer.com "Best Apps for Food Journaling" Accessed 11 Nov. 2019: <https://www.livingsafer.com/best-apps-for-food-journaling/>

Health.com. "6 Fascinating Things a Food Journal Can Teach You About Your Eating Habits." Accessed on 10 Nov 2019: <http://news.health.com/2014/04/17/6-fascinating-things-a-food-journal-can-teach-you-about-your-eating-habits/>

FamilyDoctor.org. "Keeping a Food Diary." Accessed on 10 Nov 2019: <http://familydoctor.org/familydoctor/en/prevention-wellness/food-nutrition/healthy-food-choices/nutrition-keeping-a-food-diary.html>

TheWallStreetJournal.com. "New Reasons Why You Should Keep a Food Journal." Content provided by Sumathi Reddy. Posted May 2016. Accessed on 10 Nov 2019: <http://www.wsj.com/articles/new-reasons-why-you-should-keep-a-food-journal-1463419285>