



It has instantly become summer in NYC, but who can complain after the brutal winter we had? I have many wonderful things to share with you this newsletter and I am going to start with an amazing new venture I am so excited to be a part of, FITiST.

Here is just a little taste of what the word on the street is....

# FITiST

## FIND YOUR BEST

FITiST is the first truly personalized approach to fitness, health and well-being. Amanda Freeman, Vital Juice Co-founder, says: "We see all the latest introductions in the fitness space. FITiST stands out from the crowd." FITiST.com isn't a gym, but an entirely new kind of gym membership.

- **One-stop booking - find and book the best NYC workouts all in one place.**
- **Goal-oriented fitness - choose a personalized plan designed by our renowned experts. - Highly curated - experience NYC's best fitness studios, wellness services, and spas.**

FITiST is based on "muscle confusion." When you mix up your workouts you keep your muscles guessing, so they're more effective and fun. All our workouts were created by our renowned board of fitness experts, including celebrity trainers David Kirsch and Lacey Stone.

Natalie Morales, Today Show Anchor, Triathlete and FITiST Ambassador calls it "a site that helps you find the right workout, no matter what your fitness goal. The rest is up to you Now lucky you can check it out with this special promotion code:

<https://fitist.com/user/register?regcode=SRichter>

**ANTI-INFLAMMATORY**



Eicosanoids are hormones that may increase or decrease inflammation in the body. They are controlled by dietary fat and insulin. The omega 6 are usually more pro anti inflammation than omega 3 but the idea is to have a good ratio in the diet.

#### **Omega 3 ALA (alpha-linolenic acid)**

- flax seed oil
- soybean oil
- canola oil

#### *less potent*

- walnuts
- dairy products
- beans
- broccoli

Omega-3 is also found in two marine forms. They are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). They are found primarily in cold-water fatty fish such as...

- salmon
- mackerel
- lake trout
- herring
- sardines
- albacore tuna

#### **Omega-6 fatty acids comes in several forms: LA (linoleic acid)**

- corn oil
- safflower oil
- soybean oil
- sunflower oil
- cottonseed oil

Two other forms of omega-6 are GLA (gamma-linolenic acid) and ARA (arachidonic acid). GLA is also found in plant based oils. ARA is found in many animal based foods. Another great way to combat inflammation is to eat dietary antioxidants that will balance out the inflammatory response within your body.

**Here is a list of foods with anti-inflammatory properties:**

1. Fatty fish (high in omega 3)-Wild Salmon, Herring, Mackarel  
Omega 3 has anti-inflammatory effects and helps to combat the unhealthy sat fats that cause inflammation in our bodies
2. Nuts (especially walnuts)- high in omega 3's, anti-inflammatory and reduces risk of coronary heart disease
3. Cocoa -it's flavonols decrease inflammation and blood clotting
4. cranberries, blueberries, blackberries, strawberries, cherries-packed with anti-oxidants, anthocyanins help decrease inflammation and oxidation of LDL
5. broccoli-high in kaempferol, the flavonoid that decreases inflammation, high in beta-carotene, Vit C and folate!
6. grapes-high in antioxidants, anti-inflammatory properties
7. Apples and Onions- they both have quercetin which decreases inflammation
8. ginger and turmeric- they both work as COX-2 inhibitors (a step in inflammatory pathway)
9. Pineapple-contains the enzyme bromelain, known to decrease inflammation and have immuneenhancing properties, great source of vit c
10. sweet potato, mangoes, papaya, carrots-high in antiox, anthocyanins, carotenoids help decrease inflammation and increase immunity
11. garlic-naturally contain sulfur, immunity boost by helping natural killer and T helper cells, potent antiinflammatory

Remember that regular exercise, but not over doing it, is one of the greatest ways to combat inflammation!

## PRE, DURING, AND POST-WORKOUT NUTRITION



*REMEMBER: What works for each individual is different! Test pre, during and post-workout meals with your own body, as everyone has different needs and tolerances!*

**Before a workout:**

- Drink 12-16 oz. of water or sport drink to pre-hydrate
- Always take in some carbohydrate before to fuel your workout, help burn fat, and spare muscle protein
- Include some protein to feel satiated and give muscles some fuel
- Examples of pre-exercise foods include: Whole grain English muffin or bagel with peanut butter, oatmeal, bananas, celery with peanut butter and raisins, energy bars, sports drinks, whole grain cereal, chicken, turkey, 20 almonds with a piece of fruit

Note: Too much fiber pre-workout meal can upset the stomach. IF this occurs, look for products with less than 3g per serving. The amount of food will depend on the length and intensity of the exercise.

#### **During a workout:**

- It is not necessary to completely replace all calories that you lost during exercise, especially if aiming for weight loss. However, you do want to take in enough calories, mostly from carbohydrate, to keep going and feeling good, while at the same time not overeat and cause GI distress and cramping. Many are concerned with the calories, but studies do show that performance increases if the body is fueled properly through out a workout rather than starved.
- Hydrate during a workout! Aim to drink at least 12 oz. water or sports drink per hour of activity. If your workout is less than 1 hour, it's OK to just replenish after the workout is done.
- Include carbohydrate calorie sources during any workout that is > 1 hour in duration.
- Aim to intake 30-60 grams of carbohydrate per hour during activity (150-300 calories/hour).
- If 30-60 grams is too much, taper the grams down a bit if cramping, bloating, or GI distress occurs.
- Grams of carbohydrate look like: 1 banana (30 grams), 8 oz. Gatorade (15 grams), 8oz Zico coconut water 11g, 1 GU Energy Gel packet (25 grams), Shot BLOKS (3 pieces have 24 grams, 6 pieces have 48 grams), 1 Clif bar (45 grams).

#### **After a workout:**

- Drink enough fluids to replace what you lost during the workout (16-24 oz. per pound of sweat loss). You can figure out how much sweat you lost by weighing yourself before and after a workout. For each pound less post workout drink 16-24 oz. to replace the liquid lost.
- In your fluid intake, make sure to include a form of sports drink because they contain the electrolytes you lost in the form of sweat during exercise. The following are great ways to replenish lost electrolytes:
  - Gatorade
  - G2
  - Coconut Water
  - Code Blue
  - Eboost
  - Electrolyte replenishment: NUUN electrolyte hydration drink, GU Brew tablets
- Consume carbohydrate within the first 30 minutes after your workout to replace the glycogen stores in your muscle that were lost.
- Also include some protein with that carbohydrate to maximize your muscle recovery and adequately prepare for your next workout.
  - Examples of post workout snack: skim chocolate milk, yogurt, cottage cheese and piece of fruit, almond butter and apple

## **Foods and Eczema: The Connection**



Eczema causes the top layer of the skin to become inflamed or irritated. Food allergies may cause eczema flare ups. Dietary elements that have been reported to trigger eczema include dairy, coffee, soy, eggs, nuts, wheat, and corn but will vary so it is suggested one get tested for specific allergies. Diet can also play a role in helping alleviate eczema symptoms.

Consuming foods that will boost your immune system can be helpful with eczema. These include foods with omega-3 fatty acids such as fish, avocados, and nuts including almonds. Some brands of eggs are fortified with omega-3 fatty acids. Foods which contain beta-carotene with orange pigmentation including squash, carrots, and yams are beneficial. Raw vegetables and fruits have been shown to help avoid itching, especially dark green vegetables.

Overall, it is best to consume foods that have been minimally processed because those that have been processed have synthetic compounds and substances in them that are essentially toxins in our bodies and may induce an eczema flare-up. These include foods with partially hydrogenated oils and simple, reduced sugars, such as candy and processed snack foods. Other foods to possibly avoid would be acidic foods such as tomato products, chocolate, citrus fruits and drinks, coffee, soda, and alcohol.

**Following is a list of foods that are great to eat to help avoid flare-ups:**

- Brown rice with vegetables
- Juices made with fruits and vegetables such as celery, parsley, carrots, cilantro, kale, cucumber, beets, zucchini, bell peppers, bok choy, or anything you like.
- Unsalted seeds and nuts
- Salmon or halibut with vegetables
- Boiled eggs
- Sweet potatoes, turnips, carrots, and yams
- Sprouted whole grain bread with avocado, cilantro, tomato, and olives

**Aside from food, try the following tips to avoid flare-ups of eczema or help relieve it. And remember, there are many factors that affect eczema cases.**

- Moisturize frequently
- Drink plenty of water to stay hydrated and to help flush toxins out of your body
- Avoid sudden changes in temperature or humidity
- Avoid sweating or overheating
- Reduce stress
- Avoid scratchy materials, such as wool
- Avoid harsh soaps, detergents, and solvents

- Wear gloves when you clean
- Avoid environmental factors that trigger allergies (for example, pollen, mold, dust mites, and animal dander)

## JUICING



### Why juicing?

There are benefits to juicing as well as eating fruits and vegetables. Juicing extracts the juice from fresh fruits or vegetables. The resulting liquid contains most of the vitamins, minerals and plant chemicals (phytonutrients) found in the whole fruit. However, whole fruits and vegetables also have healthy fiber, which are lost during most juicing. The main reason for juicing is to obtain a supply of raw nutrients from the produce that are juiced. When heat, mainly from cooking vegetables, is applied to foods, the enzymes, vitamins and minerals they contain may be decreased. By taking raw juices we are ensuring the body gets a good supply of these easily digested nutrients in the form the body is best able to deal with. Another benefit of juicing is it allows one to obtain a greater quantity of nutrients than chewing would, especially for those that do not like to eat fruits and vegetables.

Some say that juicing is better for you than is eating whole fruits and vegetables because your body can absorb the nutrients better and it gives your digestive system a rest from working on fiber. They say that juicing can reduce your risk of cancer, boost your immune system, help you remove toxins from your body, aid digestion, and help you lose weight. But there's no sound scientific evidence that extracted juices are healthier than the juice you get by eating the fruit or vegetable itself.

## Fruit vs. Vegetable Juicing

Both types of juicing are certainly good for your health, however vegetable juicing has one advantage over fruit juicing because fruit juice tends to increase insulin levels when consumed. The only exception to this would be carrot or beet juice which function similarly to consumption of fruit juice, but not as high in sugar.

### **Types of Juicers: Centrifugal vs. Cold Press**

There are two main type of juicers: Centrifugal and Cold Press. Centrifugal juicers are more widely available and less expensive. The machine operates at very high speeds which generate heat and destroys enzymes and nutrients naturally found in the produce. With a cold-press juicer, the gentle, slowturning action produces a greater quantity of juice, which retains more vitamins, minerals, enzymes and fiber than the juice produced from centrifugal juicers.

### **Overall, the advantages of non-Centrifugal juicers include:**

- The juice will last longer and contain more nutrients than juice from a centrifugal juicer
- They have fewer parts and are easier to clean
- They are much quieter than centrifugal juicers
- Most can juice wheatgrass and herbs
- Some double as a food processor
- Often their warranties are longer than centrifugal juicers

## Media

[Tips to Improve Your Nutrition from HealthiNation's Sharon Richter, RD](#)

[Kiwi Magazine: eat more chocolate](#)

[LiveStrong.com: Why is Diet Pop Unhealthy?](#)

[LiveStrong.com: List of Vegetables With Fiber for Erosive Gastritis Patients](#)





# Sharon's Kitchen



## Green Juice

1 Lemon  
1 Whole Celery  
2 cups Romaine Lettuce  
1 Tomato  
1 Apple  
1 Cucumber  
1 Garlic Clove  
1-1/2 cups Asparagus  
1 cup Spinach

**Servings** 4  
**Calories** 55  
**Fat** <1g  
**Carbohydrates** 12g  
**Fiber** 4g  
**Sodium** 153mg  
**Protein** 3g

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## Cajun Scallops



1 tsp olive Oil  
1 Large Red Onion thinly sliced  
1 tsp cajun seasoning  
1/2 tsp pepper  
1 garlic glove  
3/4 pound fresh scallops  
1-2 tsp hot sauce

#### **Preparation**

1. Heat oil in skillet over high heat
2. Add onions, cajun seasonings, and pepper. Saute 3 minutes
3. Add butter and garlic, saute 30 seconds
4. Add scallops, cook 1 minute, or until browned
5. Sprinkle with hot sauce, turn and cook about 3 minutes

#### **Servings 2**

**Calories 225**

**Fat 5.5g**

**Carbohydrates 12.5g**

**Fiber 2g**

**Protein 30g**

**Paddle for the Cure!** [hrwa.org/pages/cure.shtml](http://hrwa.org/pages/cure.shtml) Join the Hudson River Watertrail Association on August 6th, 2011 for the Paddle for the Cure benefiting the Susan G. Komen Breast Cancer Research Foundation. The Paddle for the Cure is for racers and for those who want to come out and have a good time on the Hudson River. We'll have a 16-mile race and a laid-back 11-mile poker paddle.

Advance Registration is available through [active.com](http://active.com)

**Paddle race:** For the adventurous and hearty Kayak, surfski, or outrigger canoe paddler, the 16- mile race will be a great challenge. The course will start in Cold Spring and travel northbound to Bannerman's Castle and then continue southbound to Annesville Creek. Racers will start at 10:00 am

**Poker Paddle Description:** The poker paddle is an 11-mile fun paddle with stops along the way where you'll pick up a single playing card in 5 spots along the course. At the end of the paddle course, whoever has the best poker hand, wins! Poker paddlers start at 9:15 am.

**Post-Race BBQ:** And don't miss the fantastic postrace BBQ. Food will be free for all racers and available for purchase for

spectators.

**Boats:** No boats under 14 feet allowed for the race. If you need to rent a kayak, contact Hudson Valley Outfitters at [hudsonvalleyoutfitters.com](http://hudsonvalleyoutfitters.com)

**Prizes:** Prizes will be awarded to the top male and female racers for the 16-mile race and the top poker paddle participant. We'll also raffle off some great products from our sponsor

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*You only have one body. Treat it with respect!*

### Disclaimer:

The information provided in this newsletter are suggestions to consider in order to improve health. Please consult your physician before trying any new regime, food or herb.