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JUNE 2012 | MEN'S WELLNESS

June Greetings!

I am so excited that the warm weather is here! Have you ever noticed how people are nicer when the sun is shining and it is above 60 degrees? For me it is the candy-like berries, stone fruits, peonies, and endless hours outside that make me grin. As usual I have been keeping busy. The past few months I have been participating in McDonald's Nutrition Network. I know, it sounds like an oxymoron, McDonald's and a dietitian? They created a [New York Metro Nutrition Network](#) to help spread the word on how their new and improved menu items can be part of a healthy balanced diet. I was impressed with the options available, plans to continue these healthy choices and grants given out to organizations in order to continue to support our national commitment to offer improved nutrition choices. Also in the news is the ongoing debate about eating for your blood-type. See what my thoughts are in the latest issue of [Bella](#) magazine.

In this newsletter I am focusing on Men's Health as we start our month celebrating the dad's in our lives. I had some male health warriors contribute this month. Please make sure to check out the conditioning corner where my friend Gene started a fantastic business that allows everyone to be active and raise money for some of your favorite charities. Enjoy the beginning of summer and don't forget the sunblock and stay hydrated!

Sharon's Suggestions

Drinking Do's and Don'ts!

Tip 1. Never go drinking on an empty stomach .

Having a snack or a meal before your first beverage will help give your body the time it needs to process alcohol and help prevent nausea, headache, and upset stomach. A little bit of starch or dairy goes a long way in coating your stomach lining and preparing your body for alcohol.

Tip 2. Avoid sugary mixers.

Things like margarita mix, juice with high fructose corn syrup, and red bull are just as hard for your body to process as the alcohol itself. Try mixing your booze with water, seltzer and fresh fruit juice (no sugar added).

Tip 3. You, not your friends, decide how much you drink.

How many times have you been persuaded to have another by a friend? It's not a contest. You DON'T need to drink all the beers your friends give you. Some people hold their liquor better than others, alcohol absorption is dependent on one's body structure/weight.

Tip 4: Make it last longer

If you finish your beer in a minute you'll be the one not drinking while the others do, and you'll feel compelled to get a new one. So, instead, make it last longer. Talk, take a sip, talk some more.

[Look at the complete Top Ten List!](#)

Nutrition News

Grass Fed Beef

What exactly is grass-fed beef?

Grass-fed cows graze on the different varieties of grasses growing in the pastures where they roam. These cows are most likely not administered hormones and antibiotics, as the use of chemicals is counter to the ideals of most grass farmers.



Guest

*columnist: Rob Endelman
founder of [Cook with Class](#)*

What if a cow is not grass-fed?

Most of the cattle that turn into our beef spend a large part of their lives on commercial feedlots, where they are most likely fed a diet of corn, soy, other grains and animal by-products. Cows grow bigger faster when fed this diet. They are also probably given hormones and antibiotics, which further spur growth. (The equation is straightforward: bigger cows faster = more slaughtering = more money.) In addition, there's a high probability that this corn- and soy-based feed is from genetically engineered crops laced with pesticides. All of this doesn't sound good, does it? Bottom line, grass-fed products are healthier for us than grain-fed.

[Learn more about grass-fed beef and where to find it!](#)

Richter's Recipes

Chimichurri Sauce

Ingredients

- 1/4 Cup white vinegar
- 2 Tablespoons extra-virgin olive oil
- 1/2 Teaspoon Salt
- 6 Garlic Cloves
- 3 Bay Leaves
- 2 Jalapeno Peppers, stems removed
- 1 Cup Minced Fresh Parsley
- 1/4 Cup Minced Fresh Oregano



Nutritional Information:

- Serving Size: 2 1/2 Tablespoons
- Calories: 55
- Fat: 5g
- Carbs: 4g
- Protein: 1g
- Fiber: 1g

[Click here for printable recipe!](#)

Conditioning Corner

Charity Miles



Imagine making your daily workout count for something more than just calories... Well, all you need is [Charity Miles](#), a free iPhone/Android app that empowers you to earn money for charity anytime you walk, run or bike.

[Charity Miles](#) was started by my oldest friend, Gene Gurkoff (we have know each other since he was just a few months old)! Gene has run over thirty marathons and five Ironman triathlons to raise money for [The Michael J. Fox Foundation](#) in honor of his grandfather (who is like a grandfather to me), who has Parkinson's (a disease my grandfather also suffered from). While grateful for all of his friends' and family's support, Gene found it impossible to attract corporate sponsors. So, he created [Charity Miles](#) as a platform for the millions of Americans like him to come together and earn corporate sponsorships for their charities.

[Learn how you can get involved!](#)

Why Sharon?

I am a Registered Dietitian and for the past ten years have based my private practice in New York City. My main objective is to help others achieve a healthier lifestyle by incrementally creating attainable

Let's Get Started!

Sharon Richter
200 West 57th Street
New York, NY 10019
212.977.7779
sharon@therichterreco.com

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Sharon Richter | 200 West 57th Street | Suite 1400 | New York | NY | 100 19