



The content in this preview is based on the last saved version of your email - any changes made to your email that have not been saved will not be shown in this preview.

the
RICHTER
reco.™



MAY 2012 | WOMEN WELLNESS

We were lucky last month with warm breezes, bright sunshine, and hardly any rain! It certainly motivated me to go outside and get some fresh air, which is why I'd like to give a shout out to those of you who suffered in April because of allergies-Congrats! You made it, April has passed, and hopefully allergy season is behind us as well!

This month's May newsletter is dedicated to women. It's not just because this month we celebrate Mother's Day (mark your calendars, it's May 13th), but it's because the women in my life (and I'll bet in yours) have taught me so much. I am very lucky to live right across the park from my mom and we get to share many wonderful days; not to mention delicious home-cooked meals together! This month's newsletter is my way of saying thank you to all the ladies out there. Whether you are a mother yourself or the girlfriend or sister everyone leans on, confides in, and celebrates with, or just a lady, you are celebrated this month!

While the topics in this month's newsletter are geared towards women's health, you'll be surprised to know that most of the information applies to men's health as well. A healthy body and a happy mind aren't gender specific. I invite you to send a copy of this newsletter to the wonderful women in your life. Maybe they have some tips to share. Feel free to comment on my [blog](#), [twitter](#) or [facebook](#)! And, make sure to check out the [Vitamin Shoppe article](#) on decoding the USDA MyPlate, and my thoughts on boosting your resolutions in [Whole Living](#). One last note, this month's recipe includes some of the non-dairy calcium choices I discuss, as well as a recipe to celebrate Cinco De Mayo! I will be posting other recipes to keep your fiesta healthy!

Buen Provecho!!



Sharon's Suggestions

Hot Flashes

"It's gettin' hot in here (so hot) so take off all your clothes."

-NELLY, Rapper, Hip Hop Musician



For most of us, stripping down to our 'skimpies' is not an option when we need to cool off fast, tempting as it may be! What are hot flashes, what causes women to get them, and what are some 'G-rated' alternatives for handling or even preventing them?

Night sweats and hot flashes occur when a fluctuation in estrogen levels confuses the hypothalamus - the control center in your brain responsible for maintaining body homeostasis - setting off a cascade of cooling mechanisms, including perspiration. These feelings of intense heat can last from minutes to hours and can be very uncomfortable. Typically, during a 'hot flash,' a powerful wave of heat washes over the face, neck and

Nutrition News

Calcium Conscious

Did you know that about 99% of the calcium in our bodies is found in our bones and teeth? Wondering about the last 1%? Although bones and teeth get all the attention, the remaining 1% of Calcium performs some critical functions in the body. Without it, we couldn't function. So if you ever thought "one can't make a difference," I'm telling you ONE can!

Here are some of the important roles of the 1% of circulating Calcium:

- * Allows blood to clot.
- * Helps information exchange in the body - Calcium is the fuel that nerves use to deliver a message from the brain to the body (and vice versa, from the body to the brain).
- * Is needed for muscles to contract.

The human body cannot produce calcium on its own, so we rely on diet and supplementation to get the Calcium we need. In addition, each day we lose Calcium through our skin, nails, hair, sweat, urine and feces. Most of us know that dairy products are high in calcium and that three servings a day are enough to meet the body's Calcium requirement (1,000mg for the average adult).

But, what if you are lactose intolerant or don't like milk, cheese, or yogurt? Don't worry; there

chest. Usually hot flashes are associated with menopause or peri-menopause, but they are not exclusive to women. Men may suffer from hot flash type symptoms too due to low testosterone, prostate cancer or andropause (male menopause).

Manage and prevent hot flashes!

are many nondairy foods that contain Calcium. Some of these foods are natural sources of Calcium (the list below may surprise you), while others are fortified with Calcium - meaning that Calcium has been added to the food to boost its nutritional value.

Look at this list of Calcium-rich foods!

Richter's Recipes

Tofu Spinach Tacos

Ingredients

1 (12-14 ounce) package extra-firm tofu, drained
1 Tablespoon chili powder
1 teaspoon ground cumin
¼ teaspoon kosher salt
Pinch freshly ground black pepper
1 Teaspoon crushed red pepper
1 Tablespoon coconut oil
1 medium onion, chopped
1 large clove garlic, minced
2 Cups frozen corn, thawed
1-1/2 cups cherry tomatoes, halved or diced ripe tomato
1 (5-6ounce) package baby spinach
4 cups chopped kale
Juice of one lime and extra wedges for serving
8 corn tortillas, warmed (ideally ezekeiel sprouted)
1 avocado sliced into 1/8 portions
Hot sauce to taste

Nutritional Information:

Serves 4

Conditioning Corner

SLT NYC



For months I have been tweeting, writing and talking about [SLT NYC](#) and how it is changing my body. Are you curious what it is? Straight from LA, SLT is the only studio in Manhattan to feature fitness guru Sebastien Lagree's acclaimed Megaformer™-based workout! The classes are 50-minutes of heart-pumping music, muscle quivering, and total body strengthening, lengthening and toning in an inspiring, small-group setting (only up to 10 people per class). SLT offers a total-body program that melds together cardio training, weight-bearing activity and Pilates to create a revolutionary, one-of-a-kind fitness program that burns calories rapidly and allows you to sculpt your physique in ways traditional exercise cannot. The Megaformers™ are

Calories: 441
Fat: 16.54 g
Carb: 61.82 g
Pro: 19.5 g
Fiber: 13.22 g

[Click here for printable recipe!](#)

designed to cater to both upper and lower body muscles using a system of springs and pulleys to accommodate the resistance and counter-resistance elements of the workout. SLT offers you a safe, effective, body-transforming workout.

[Try these SLT moves at home!](#)

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 mental and physical goals. [Click here](#) to learn more!

Let's Get Started!

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

Richter Reco Blog

Read about Sharon's most recent projects, nutrition advice, and media appearances!

Stay in Touch!



[Forward email](#)



Try it FREE today.

This email was sent to info@sharonrichter.com by sharon@therichterreco.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Sharon Richter | 200 West 57th Street | Suite 1400 | New York | NY | 10019