

Eating for Wellness by Mary Ryan, RD, MS

According to Wikipedia, *the term 'wellness' is defined by the Singapore-based National Wellness Association as: an active process of becoming aware of and making choices toward a more successful existence. In other words, wellness is a view of health that emphasizes the state of the entire being and its ongoing development.*



As the annual *Teton Wellness Festival* approaches I think about what it means to embrace a wellness-oriented approach to eating. Unfortunately too often nutrition guidelines focus on negatives – avoiding foods or beverages to lose weight, stave off chronic diseases, or more recently to save the planet. Of course this type of information is important and what we eat significantly impacts both individual and environmental health. However, food is also something we can enjoy, share, and use to support our everyday wellbeing in a more holistic way. A view of food as something that goes beyond its contributions to health or illness is a good step toward eating for wellness. The popular trend toward mindful eating embraces this positive eating approach and is one way to frame the challenge of eating for wellness.

Here are some of the many roles food can play to illustrate how eating can help you “pursue your purpose” (this year’s TWF theme):

Food symbolizes cultural values such as love, life, hope, and compassion. In our quest to use food as medicine or protect us from illness the symbolic role of food is either ignored or lamented. Food as sustenance and nourishment are positive roles that cultures worldwide have practiced for millennia.

Sharing food connects us to others. Animals feed, humans eat (and dine!). From family meals to community celebrations eating together is a communal act that can connect us to each other on many levels.

Appreciating food connects us to nature, to others who make food available to us, and can be part of religious or spiritual practice. Gratitude is a powerful force that can help us feel supported while acknowledging our interconnectedness. Food can be a way to connect body, mind and spirit.

Food is art. Though most of us do not “dine” at every meal, the visual presentation of food can influence how we feel when we eat that food or serve it to those we care about. Bright colors, the arrangement of food on our plate, and engaging a variety of senses contributes to the experience of eating.

Food is comfort. Often viewed as a negative attribute in our weight-obsessed and food-phobic culture, the idea of food as comfort is a basic and common human experience. Used as one source of comfort (and not *the* source) food can lift our mood or be part of a celebration.



"Eat, Love, Play" at the Teton Wellness Festival

On October 9th, the Teton Wellness Festival and Jackson Whole Grocer are hosting the "Eat, Love, Play" reception at the Center for the Arts from 4:30 to 6:30 pm. At this event, the Tonic Bar will be serving three different beverages to aid the heart on different levels. There will be two fresh juices, one a medley of heart healthy vegetables including garlic, the other a simple blend of fresh squeezed apple juice and blueberries. The third beverage is a tasty blend of some of our elixirs that have been formulated specifically for the heart. They are made with botanical extracts and flower essences to help balance the heart chakra and boost your mood. These different juices will not only peak the taste buds but offer up some key nutrients that will speak to the heart nutritionally as well as emotionally.

The Natural Care Department - Keep Yourself Healthy!

With fall here and winter close on its heels, the Natural Care Department is busy gathering products that are excellent for fighting the onslaught of ailments often seen this time of year. October is a turning point where we feel a difference in our health and well being. It is when we really start noticing how dry our skin is and cold our fingers are, and when the first real signs of the flu are evident. October is also **Breast Cancer Awareness Month** and the 9th – 11th is when our local **Teton Wellness Festival** takes place. We still have tickets for the Teton Wellness Festival including for keynote speakers, **Dr. Mimi Guarneri** and **Cesar Millan, "the Dog Whisperer"**. Please ask for them at the Natural Care Department.

The department has some great new products on its shelves specifically chosen to address both our winter and long term health needs. In honor of Breast Cancer Awareness month, we will be putting some great items on sale including; **DIM (Diindolylmethane)**, which helps promote beneficial estrogen metabolism and healthy hormonal balance; **vitamin D-3**, which among other benefits boosts your immune system, helps fight osteoporosis and has been shown in scientific studies to help prevent some cancers, and many other supplements.

Treating dry or chapped skin is one problem that is fairly easy to address. **Omegas 3,6, and 9** are essential fatty acids that in combination, work wonders on this problem. They also benefit every other system in the body and when taken internally **these wonderful supplements can work all kinds of magic**. When picking a lotion it's best to choose one that is thick and emollient with little scent as heavily perfumed lotions usually contain alcohol, a drying agent. Staff favorites include **Super Salve**, which recently came out with a coconut cream body butter that is extremely moisturizing and contains little fragrance, and **Montana Emu Ranch's** "Laid In Montana" body lotion is pure, safe for sensitive skin and will heal dry skin quickly.

Finally we address the FLU! Arghhhh! The most important thing to remember with the flu or any contact illness is to keep your hands clean. To start you on this road to cleanliness we have some great hand sanitizers and soaps. With these natural products you are not only getting rid of nasty germs but protecting yourself against unwanted toxins that so many conventional soaps contain. If you do start to feel sick, the first thing to reach for is **Boiron's** Oscilloccoccinum. When taken at the first sign of illness this gentle homeopathic medicine fights the flu effectively. Also, **Nature's Way** Sambucus and Umcka are on sale and they too can help combat flu symptoms as well as the common cold.

Remember, if you have any questions, please stop by and our trained, helpful staff will gladly assist you!



Interview with Pamela Ofstein from the Teton Wellness Festival "Eat, Love, Play"

What is this year's theme for the Teton Wellness Festival?

This year our theme is "Pursue your Purpose." That purpose is different for everyone. It could be physical, emotional, mental or spiritual Wellness. The point is, "wellness" means something different for everyone. The Festival will offer a platter of various keynotes, presenters, a movement studio and of course the free Exhibit and Hands on Hall – all to help attendees "Pursue their Purpose".

What are some of the food and nutrition-related highlights of this year's festival?

This year we are excited to introduce "Eat, Love, Play", an event that will kick off the Teton Wellness Festival Friday, Oct 9th at 4:30 at the JH Center for the Arts Lobby. This will be an opportunity to taste delicious, healthy appetizers from the Jackson Whole Grocer and elixirs from their juice and tonic bar, teas from Dragon Lady Heather Bupp, and a selection of locally produced beer and regionally produced wine. There will also be art, music and information related to local wellness and sustainability efforts.

Immediately following Eat, Love, Play. Dr. Mimi Guarneri will give her keynote presentation at 7:00 p.m in the Jackson Hole Center for the Arts Theater: "The Heart of Healing: A Cardiologist Looks beyond the Body to Heal". (Tickets are on sale for Dr Guarneri's keynote at the door or on line at tetonwellness.org. Dr. Guarneri is board certified in cardiology, internal medicine, nuclear medicine and holistic medicine. She approaches heart health from a multi-dimensional perspective: addressing physical, emotional and spiritual aspects of the heart. In an interview with Dr. Guarneri she states that *"the heart is affected by emotions, and that how we live our lives is as important as the type of food that we put into our bodies."* She goes on to say that *"from the standpoint of cardiology...we have to look at what is going on with someone in their life, their environment, their family, how they're eating, how they're living their lives."* Though Dr. Guarneri believes in the importance of nutrition it is one of many lifestyle components we must consider for overall heart health.

The Jackson Whole Grocer is also sponsoring two presentations related to food and nutrition. On Saturday, October 10 at 11:00 a.m. Peggy Wagener, founder of *Living Without* magazine and accompanying website, will present "Living Without: The Latest on How, When and Why to Go Gluten-Free." Wagener, a Sun Valley, Idaho resident, was diagnosed with Celiac Disease in 1997. She founded *Living Without* as a resource for the people with allergies and food sensitivities. Her approach is to provide support and encouragement and the *Living Without* website sums up their philosophy: *This magazine isn't about minimizing the challenges of living with allergies and intolerances... it's about presenting the important truth of how good life can be, living without.*

Kate Geagan, a master's level Registered Dietitian from Park City, Utah will present "Change Your Diet, Change the Planet and Feel Fabulous" on Saturday, October 10 at 4:00 p.m. She has worked as a speaker, counselor, and nutrition consultant for a number of major companies and is the author of *Go Green Get Lean: Trim Your Waistline with the Ultimate Low-Carbon Footprint Diet* (Rodale, 2009). She is a dynamic speaker with a wide range of experience and her interest in doing what is best for both individuals and the planet makes her a great fit for this year's festival.

Where can JWG customers learn more about the upcoming festival and get tickets?

People can go to www.tetonwellness.org or call 307-733-9355 for more details about the presentations, movement studio, exhibit and hands-on hall, or to buy tickets for the festival. Tickets are also available at Jackson Whole Grocer and the Herb Store/Living Green in Jackson and Barrels and Bins in Driggs, ID.

