

Targeting Wellness Newsletter

Good News for Good Health!

April 2022

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

I may have shared this poem by Portia Nelson in the past, however, I feel we can always use a little reminder that we have the power to make a choice, a different choice that leads us down a new and healthy path in life. The path we want to be on.

Chapter 1

I walk down the street.
There is a deep hole in the sidewalk.
I fall in. I am lost....I am helpless.
It isn't my fault.
It takes forever to find a way out.

Chapter 2

I walk down the same street.
There is a deep hole in the side walk.
I pretend I don't see it. I fall in again.
I can't believe I am in the same place.
But it isn't my fault.
It still takes a long time to get out.

Chapter 3

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I fall in....it's a habit...but my eyes are open.
I know where I am. It is my fault.
I get out immediately.

Chapter 4

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter 5

I walk down a different street.

(we're never too late to make a change)

In this issue

1. Getting Enough Sleep Should Not Be Taken Lightly
2. More Proven Facts About Sleep
3. Getting Better Sleep Impacts Body & Mind
4. Sleep Hygiene Checklist
5. Is Napping A Good Idea?
6. Nutritional Bites: Fuel Your Gut With Fiber
7. Would You Fall For This Today?
8. Recipe Corner: Teriyaki Brussels Sprouts



"Difficult roads
often lead to
beautiful
destinations."

Getting Enough Sleep Should Not Be Taken Lightly

Sleep is crucial in helping your body recover and fight off disease. It also greatly impacts our brain function.

There is a lot that has been learned of just how valuable the quantity and the quality of sleep is for the health of our physical and mental well-being. Even with so much that has been discovered, studies continue to support and reveal why burning the candle at both ends, pushing back bedtime to 'get it all in' can cause serious illness, perhaps even death. Since over 30% of Americans don't get enough sleep it's worth reviewing the many benefits of sleep and taking into consideration how much sleep you actually get (or don't get) every night.

In this section, I'll touch on a few things that you may or may not know about sleep's importance. I would encourage you to read up on this further especially if you are concerned you might suffer from sleep deprivation.

Some Proven Facts About Sleep



How much sleep do we need?

Adults: 7-8 hours a day

Over 30% of Americans report getting under 6 hours of sleep a night. When this happens over and over, your body accumulates a sleep **debt**, a sleep deficit that can add up and can negatively impact your well-being. You don't have to go long before this occurs. **After 17 to 19 hours without sleep**, ones ability to react and respond can be compromised by **50 percent!!** Plus your performance can be worse than having a blood alcohol level above the legal driving limit of **0.05 per cent**. Could this be impacting the auto accidents we are seeing, especially with emergency responders?

Sleep helps with inflammation.

Inflammation in the body can cause many health concerns including cardiovascular disease and cancer. Those who do not get enough sleep are more prone to developing chronic inflammation.

Sleep helps with weight management.

Making sleep a nightly priority could help keep off the excess pounds. That's because sleep deprivation impacts two hormones that are tied directly to hunger and weight.

Ghrelin: "hunger hormone" increases when sleep is lost. It is responsible for stimulating your appetite.

Leptin: this hormone tells your brain when you have had enough to eat. This decreases when sleep deprived making it more difficult to resist temptations or stop eating even once your full.

Sleep can help prevent chronic disease.

Increased levels of cortisol, the stress hormone, are produced by the body when tired. This hormone has been linked to heart disease and heart attacks.

Loss of sleep impacts ones immune system which can prevent the body's ability to fight off viruses, infection and can make one more susceptible to diabetes and high blood pressure.

The CDC has reported that reducing your sleep by even a few hours could dramatically decrease the effectiveness of certain cells in fighting off tumors.

Side note: A 2012 study found that getting adequate sleep after a vaccine helped the body produce the necessary amount of T-cells to fight off viruses. Wish this information had been published during the pandemic!!



Getting Enough Sleep Should Not Be Taken Lightly

More Proven Facts About Sleep

It's not just sleep deprivation that causes issues. Sleep restriction is also a real thing. This is when you do not get enough sleep several nights in a row. A Harvard Medical study compared the effects of total sleep deprivation to prolonged sleep restriction. Subjects in the study slept either four OR six hours each night for 14 nights.

It's no surprise that those sleeping only four hours had greater cognitive deficit than the six hour group. However, after two weeks, even those who got two additional hours had reductions in their cognitive functioning equivalent to not sleeping at all for two days. Another interesting discovery was that after a few days of sleep restriction, the participants could no longer judge how sleepy or poorly performing they actually were.

Sleep can help reduce anxiety.

If you have ever been anxious and stressed about something, you know that getting enough quality sleep can be a huge challenge. **At least 20% of Americans have anxiety disorder** so sleep is a real concern. Lack of sleep also triggers or exacerbates symptoms of anxiety and stress.



Low impact movement such as yoga or tai chi can reduce stress and help to increase the quality of sleep. Incorporating this into a healthy sleep routine can be very beneficial.

Sleep Deprivation is linked to mood and depression.

Several studies show that when someone is sleep deprived, they tend to focus more on the negative. Researchers compared the part of the brain that processes negative emotion in participants who got a good night sleep with those who were sleep deprived. In an MRI, this part of the brain "lit up" more in those who were sleep deprived when shown a series of unpleasant images.

Likewise, when participants were asked to remember a group of random words, those lacking sleep recalled twice as many of the negative words (such as "grief", "angry", "crash") compared to the other group who recalled more positive words (such as "smile", "happy", "calm").

Study showed "**40% deficit in learning new material in those who were sleep deprived.**" Watch this TedTalk for great insight into sleep: *Sleep is Your Superpower* with Matt Walker (April 2019).

Sleep Improves memory and learning.

If you are learning something new and want to make sure you remember it, "sleep on it"! When we sleep, our brain remains active consolidating and storing memories. Sleep has been proven to help us retain and recall new and important information. Without this, our brains would be crowded with unnecessary information or junk. This can easily be seen in toddlers. When introduced to a new toy and associated name, those children who took a nap right afterwards vs those who were allowed to stay up and play, were much more successful at recalling the specific toy by name when asked to pick it out among other toys.

This brings up a very interesting concept of **how sleep may impact a traumatic event**. Studies were done with rats, exposing them to a stressor (a buzzer followed by an electric shock). Some of the rats were **not** permitted to sleep for a period of time after this occurrence. The rats who were sleep deprived, later **showed less behavioral and physiological signs of a PTSD-like reaction**. What this could mean is that staying awake after being exposed to a trauma could keep the brain recording **new** information so the traumatic memory **gets buried** in the "noise" of the other memories that will be consolidated during sleep. More studies are needed on humans but this is promising that some memories can be lost preventing the onset of PTSD.



YOU'LL BE HAPPIER.

People who sleep enough have better moods and fewer problems with depression and anxiety.



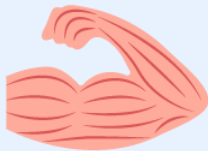
YOU'LL LEARN BETTER.

Adults who get enough sleep do better on tests of short-term memory.



YOU'LL SEE BETTER.

The longer you stay awake, the more vision errors you make, ranging from tunnel vision to seeing double to even hallucinations.



YOU'LL BUILD MUSCLE MORE EASILY.

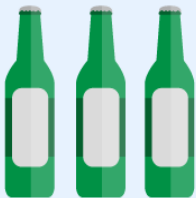
Your body uses most of the night to heal damage done to your cells and tissues when you are awake and more metabolically active.

Getting Better Sleep Impacts Our Body and Mind



YOU'LL HAVE HEALTHIER SKIN.

People who get more sleep have skin that recovers quickly and show fewer signs of aging.



YOU'RE LESS LIKELY TO ABUSE ALCOHOL.

Researchers believe that disrupted circadian rhythms make adolescents more likely to engage in risky behavior and to develop alcohol use disorders.



YOU'LL HAVE FEWER HEART PROBLEMS.

One large study found that sleeping five hours or less a night was associated with a 45% increased risk for heart attacks.



YOU'LL SPEAK BETTER.

Staying awake too long can cause slurred speech, repetitive word usage, and a slow, monotonous tone.



YOU'RE LESS AT RISK FOR CERTAIN CANCERS.

Researchers have found that night workers are more likely to develop colon and breast cancer.

Sleep Hygiene Checklist

Sleep hygiene means having good sleep habits. How do you know if your sleep hygiene needs a make over? Think about how you would respond to these questions: Do you are having trouble falling asleep? Are you experiencing frequent sleep disturbances? Or are you suffering from drowsiness during the day? If you answered yes to any of these, you might want to take a look at some the recommended strategies here and pick those that seem like the best solutions for you.



Set a Sleep Schedule and Commit to it. Having a set schedule helps to keep your brain and body in cynic:

- ◆ Regardless of the day of the week, try to wake up around the same time every day. Staying up really late over the weekend will throw your sleep rhythm off, starting your week off with a sleep deficit.
- ◆ Prioritize sleep above those temptations to work, study, socialize or exercise when you should be winding down for rest. Calculate when you need to get to sleep based on the time you have to get up. Try to get the recommended 7-8 hours by doing your best to be ready to put your head down on the pillow at that set time.
- ◆ If need by, make this adjustment gradually. It might not work to force yourself to go to bed an hour earlier the first night. Start with smaller goals so you can achieve them and not toss your efforts out the window (or bedroom).

It's all in the preparation! How you prepare for sleep will have a lot to do with your success. Here are some things to keep in mind that can help your unwind from a busy day:

- ◆ Be consistent with your steps. This means set up a nightly routine that you can stick with every night.
- ◆ Try to set aside **at least** 30 minutes for your winding down. Think about what would put you in a state of calm such as soft music, meditation, yoga stretches, reading a book or listening to an audiobook that does not require your full attention to enjoy.
- ◆ Start dimming the lights during this wind down time. That means turn off the all electronic devices and TV up to 60 minutes before sleep. The bright light interferes with your production of melatonin, the hormone our body makes to initiate sleep. Also they cause mental stimulation which is hard to shut off preventing you from feeling sleepy.
- ◆ Sometimes the goal of "falling asleep" causes stress. We tend to put a lot of pressure on ourselves to get enough sleep. Instead of making that your objective, it might be easier to focus on relaxation. Learning paced breathing or meditation can put your mind in a restful state.
- ◆ Tossing and turning may occur.
 - If it does, do not look at the clock. It tends to get you stressed out even more especially if you need to get up for work.
 - Retry the relaxation techniques used before getting into bed
 - If you continue to toss and turn, get up and keeping the lights dim perhaps do some stretching, write down your thoughts or read a book.

SUCCESS
NEEDS
PREPARATION

Get your bedroom in order:

- ◆ Having a comfortable mattress and pillow along with excellent sheets (that feel good against your skin) are first!
- ◆ Set a cool temperature for the room (around 65 degrees is recommended)
- ◆ Block out light either with heavy lined curtains or an eye mask
- ◆ Wear ear plugs to drown out noise especially if you are on shift work.



Cultivate healthy daytime habits:

- ◆ Get daylight exposure especially sunlight in the morning. This helps to keep your circadian rhythm in check.
- ◆ Get regular physical activity but not too close to your bedtime.
- ◆ Avoid smoking, alcohol and caffeine for 4-6 hours before bed. As you know, these are all stimulants. (A glass of wine might seem to relax you but it actually disrupts your sleep later on, interrupting the deep sleep you need for recovery and memory. And caffeine can stay in your system for several hours affecting quality of sleep. It also blocks your brain from detecting adenosine, a chemical that builds up naturally in the body during the day to promote sleepiness.
- ◆ Avoid a big, heavy or spicy meal close to bedtime. When we sleep we want our energy going towards the sleep

Do you drink coffee to stay awake? Caffeine blocks your brain from detecting adenosine which builds up during the day, however, the adenosine "pressure" is still there so you do not feel refreshed only not as sleepy...but this is temporary!

Is Napping a Good Idea?

According to CDC, napping can actually be an effective way to deal with fatigue and restore alertness. There is strong scientific evidence that taking a nap both short (15 to 30 minutes) and long (up to 1.5 hours) can increase cognitive function. This is important for all of us but especially beneficial and crucial for our first responders. Here is the break down recommendation:

A brief nap during the daytime (15-30 minutes):

- ◆ Set an alarm for sure, especially if you are taking a “cat” nap during your lunch break at work!
- ◆ Put on an eye mask and ear plugs
- ◆ If possible lay down

A longer nap of up to 1.5 hours is useful during emergency response shifts when employees and volunteers have to work long hours:

- ◆ Lay down to allow your brain the opportunity to progress into deeper sleep to promote better recovery.
- ◆ It is important to note that taking long naps could make it more difficult to fall asleep at night because it reduces the buildup of pressure for sleep (caused by adenosine, a naturally occurring substance in our cells that builds up throughout the day inducing sleepiness at night). This is not an issue if you are very sleep deprived or fighting an infection.

It is not uncommon in this case for one to wake temporarily disoriented and/or decline in performance/mood. If you are now expected to race off to an emergency, one way to reduce this slight lag is to take 100 mg (equal to about a 5-ounce cup) of brewed coffee. Also going into bright light or washing your face will help.

Another strategy offered by the CDC is to take caffeine just before taking a short nap. Because caffeine takes about 30 minutes to reach full effect, around the time you awaken or shortly thereafter, you will experience benefits of alertness from both the caffeine AND the nap.

Best times to take a nap: early in the morning, middle of the afternoon and during the night. Naps are less likely late in the morning or early evening.

IT IS IMPORTANT TO KEEP IN MIND THAT NAPS ARE TEMPORARY HELP TO REPLACE ALERTNESS...A NAP IS NOT MEANT TO BE A REPLACEMENT FOR REGULAR QUALITY SLEEP!

Resource: CDC. National Institute for Occupational Safety and Health (NIOSH)

Detrimental impact of sleep loss:

- ◆ Perceiving more stress
- ◆ Increased rumination of negative thoughts
- ◆ Decreased attention and focus which could lead to safety issues
- ◆ Impacts happiness, memory, many bodily functions and motivation (Hmmm...)

Stress and less structured schedules due to COVID have negatively impacted sleep quality for many. Studies show that people getting less than the minimum amount of sleep (6 hours) have increased negative emotions and greater severity of physical symptoms. This impact worsened with the accumulation of consecutive sleep loss.

Source: Ernst, J. (July 2021). Heallo Interviews. Neurology. Consecutive sleep loss negatively

Word of caution: Don't obsess over sleep difficulties since that stress could make things worse for you. There is a lot on the science of sleep. Read scientific articles to learn more. And if changing your sleep habits doesn't help, it might be time to make an appointment with a professional.





Fuel Your Gut With Fiber

Our gastrointestinal tract (a.k.a. our gut or microbiome) is more than 30 feet long, with an inside lining that is 20 to 100 times greater than our skin. It is made up of at least 100 **trillion** microorganisms (called microbota) composed of thousands of different species. This does not only include bacteria but fungi, parasites, and viruses. I know, the thought can be very uncomfortable! In a healthy person these “bugs” coexist in a peaceful way and are there for a very important health-sustaining reason, allowing for the smooth operation of our whole entire body. These microbota actually make up more of who we are than our own human cells do!

The reason our gut microbota has a profound affect on our health is because 70% of our immune system is distributed around our gut to defend us against “invaders”. It is therefore no surprise why the health of our gut bacteria plays a crucial role in warding off a number of chronic conditions such as allergies, diabetes, Crohn’s disease, certain cancers and has even been linked to autism.

Most of the microbota that make up our gut lives in the last section of our gastrointestinal tract, a long way from our mouth where food is delivered. By the time food reaches this point, the nutrients have been taken for use throughout the body except for one very important ingredient. The main food necessary for keeping our bacteria feed, happy and healthy is **FIBER!** Fiber is the non-digestible part of plants that gets passed through the length of the gut tract and arrives intact at your colon where the bacteria feeds on it. Not something most of us want to think about but it’s a fact. In essence, fiber makes up the prebiotics that helps our good bacteria grow and thrive.

Most people today, unfortunately, starve their gut of this precious nutrient. The Standard American Diet (S.A.D) is filled with highly processed “foods” and large amounts of animal products (note: animal products do not contain fiber!) See the graph below showing the percent of people consuming fiber. Rarely do we hear about this; only that we need to eat more protein. How many people do you think are protein-deficient in this country? My guess...**none**, including vegetarians and whole food plant-based vegans!



Little known statistic: 97% of people do not consume enough fiber!



Prebiotics = Fiber Probiotics = good gut bacteria

Some things to keep in mind when thinking about adding more fiber:

- Diversity is key! Eat a variety of fruits, vegetables, whole grains and legumes (beans) a day. Think *rainbow*, eating plants with a variety of colors; the more colors the more vitamins and minerals; our gut bacteria loves variety!
- How much daily fiber do you need? 25 grams for women and 35 grams for men
- A serving size is roughly the size of your fist. Strive for 8 servings a day!
- Consume them in as close to their natural state as possible.
- Breads and pasta count as long as they are whole grain or whole meal.
- Drink plenty of water. Aim for 8-10 glasses of water a day. Note it can also help with brain function since 75% of our brain is water! Dehydration will definitely impact how you feel. (remember: well hydrated = clear urine)

TOP sources of fiber include: beans (all kinds), peas, lentils, chickpeas, black-eyed peas, artichokes, whole wheat flour, barley, bulgur, bran, raspberries, blackberries, and prunes.

GOOD sources of fiber include: lettuce, dark leafy greens, broccoli, okra, cauliflower, sweet potatoes, carrots, pumpkin, potatoes with the skin, corn, snap beans, asparagus, cabbage, whole wheat pasta, oats, popcorn, nuts, raisins, pears, strawberries, oranges, bananas, blueberries, mangoes, and apples.

It’s clear how our food choices greatly impact our gut health. You may have heard our gut referred to as our “second brain”, It should then come as no surprise that **our gut has a profound effect on our mood and cognitive function.** Researchers in New Zealand tracked the fruit and vegetable consumption of people over several weeks along with their level of happiness. Those who eat the most (about eight servings of fruit & vegetables a day) were the happiest. The participants also reported feeling happier the day *after they consumed* the higher amounts of fruits and vegetables.

Other studies conducted by **Australian researchers** showed where consuming a Mediterranean-style diet rich in fruits, vegetables, whole grains and legumes, **reduce symptoms of depression “four times more effectively” than when social support** was offered to the study participants.

And don’t fall for the short-cut of just replacing what you aren’t getting in your diet with a pill...a supplement. Studies also show that it’s food in its **whole** form that works best. The way all the nutrients interact in the plant make it the healing powerhouse it is...**not isolating one particular vitamin or nutrient as some “magic bullet”.** In some cases, this could actually be harmful. (Read T. Colin Campbell’s book *Whole* for more insight on this). Bottom line, consume more whole plant foods in as close to their natural form as possible (from a farm not a factory!)

Although it is always best to get your pre and postbiotics from eating a healthy diet, if you have to take a supplement, choose :

- Product with a seal of approval from testing agencies such as Consumer Reports or Consumer Labs.
- Probiotic capsule package with inulin or other prebiotics

- Probiotic in spore form which can survive on the shelf or in the digestive tract.

Resource: Cleveland Clinic

Challenge idea: Fiber Fridays—post this newsletter in your municipality and encourage everyone to eat more fiber (at least) on Friday!

Resource: ACLM The Lift Project and Nourish by WebMD

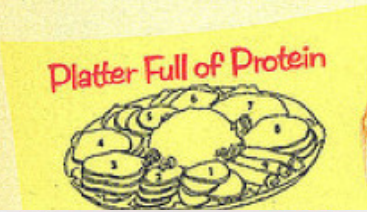
Would You Fall For This Today?

For decades we have been lied to by the creative and manipulative advertising of the food and tobacco industries...some who are under one and the same parent company (example: Philip Morris owns Kraft). Heed the warning "buyers beware" since linking products to happiness or health would certainly attract attention. It is so easy to acquire the taste for many of the things that we now know to be extremely harmful not only to our health but the health of the environment. Today we are fortunate to have tons of research at our fingertips showing how changing our diet to a plant predominate one along with altering other lifestyle habits can and WILL restore our gut and overall health in most cases. Plus it can add healthy years to our life! There is a quote I often reference: "It's not the years in your life, it's the life in your years". You can make a different choice, but the choice to do so can only come from you. You owe it to yourself to try. Your future self will thank you for it!

Does this sound like a popular diet of today? Hint: begins with "k"

2 delicious ways to help keep yourself in trim!

In this hot weather, do you feel tired, listless, all washed-out? Don't blame it all on the heat! Look to your diet, too. Scientific studies show it might well be due to a lack of high quality protein... the kind you get in meat. In all meat--any meat--in frankfurters or wieners and cold cuts as well as sirloin steak. So, for a summer full of fun, set out a platter full of protein--like the one below. Or sink your teeth in a juicy "hot dog," at home, at the beach, at the ball game--wherever you may be.

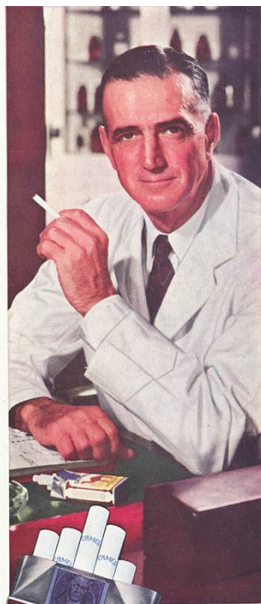


According to repeated nationwide surveys,

More Doctors Smoke CAMELS than any other cigarette!

Doctors in every branch of medicine were asked, "What cigarette do you smoke?" The brand named most was Camel!

You'll enjoy Camels for the same reasons so many doctors enjoy them. Camels have cool, cool *mildness*, pack after pack, and a *flavor* unmatched by any other cigarette. Make this sensible test: Smoke only Camels for 30 days and see how well Camels please your taste, how well they suit your throat as your steady smoke. You'll see how enjoyable a cigarette can be!



THE DOCTORS' CHOICE IS AMERICA'S CHOICE!



For PEP and VIGOR-

VITAMIN DONUTS

Each Donut Fortified with a minimum of 25 units of Vitamin B1

THEY'RE HAPPY Because they eat LARD

Issued by the Lard Information Council

BUTTER

GOOD AND GOOD FOR YOU

YOUR NUTRITION TIP: BUTTER IS SLIPPERY. THAT'S WHY WE EAT AS MUCH AS POSSIBLE TO LUBRICATE OUR ARTERIES AND VEINS

WHAT? Are they SERIOUS?!!

My Food Looks Funny.com



Teriyaki Brussels Sprouts

This was absolutely yummy! Even if you aren't a fan of Brussels Sprouts, I would bet that you are going to love these. This easy, homemade teriyaki sauce really makes this dish delicious! Let me know if you try it.

Main Ingredient:

1 lb. **Brussels Sprouts**, trimmed, halved *

Sauce Ingredients:

4 Tablespoons **tamari** *
2 Tablespoon **vegetable broth** *
2 Tablespoons **rice vinegar**
2 teaspoons **mirin** *
1 Tablespoon minced **garlic**
1 Tablespoon minced **ginger**
2 Tablespoons **organic maple syrup**
1 teaspoon **tahini**
½ teaspoon **molasses**
¼ teaspoon **red pepper flakes** (optional) *
1 teaspoon **cornstarch** (or arrowroot powder)

Bowl Ingredient Ideas:

Steamed brown rice
Carrots, julienne slices
Red bell pepper slices
Cucumber slices
Radish slices
Greens (kale, baby spinach, etc.)

Recipe taken from Monkey & Me Kitchen Adventures



Instructions:

1. Preheat the oven to 400 F.
2. Line a large 14 x 20 baking sheet with parchment paper, set aside.
3. Trim the Brussels Sprouts of any hard pieces, then cut them in half (quarter any really large ones) and place the cut-side down on the parchment paper. Spread them out so they have some room to breathe/roast. Bake/roast for 13 minutes.
4. In the meantime, make the Teriyaki sauce by placing all the **Sauce Ingredients** into a small stockpot, whisk well, heat until boiling, then immediately lower the temperature. Whisk until thickened.
5. After 13 minutes, remove the Brussels Sprouts from the oven, then place them into a large bowl and pour **half** of the Teriyaki Sauce over them. Gently mix the Brussels Sprouts with the sauce until they are well coated, then dump them back onto the parchment covered baking sheet, spread them out a bit, and place them back into the oven for 3 to 7 minutes (largely dependent upon how tender you like your Brussels Sprouts) to caramelize.
6. After 3 minutes, remove them from the oven. Create a bed of steamed rice, then place the roasted Brussels Sprouts over them. Place some fresh carrots, red bell pepper slices, sliced cucumbers, radish slices, and kale (or other greens), then drizzle some of the remaining Teriyaki sauce over the Brussels Sprouts, rice, and fresh veggies.

*TIPS FOR SUCCESS:

- **Trimming the Brussels Sprouts:** We like to buy fresh Brussels Sprouts, then trim off any tough ends and slice them in half. We quarter the really large ones to create uniform sizes.
- **Placing on Parchment Paper:** While it is very tempting to just dump the Brussels Sprouts onto the parchment paper covered baking sheet, take the time to space them out onto the parchment paper so they have room to breathe/roast. Place the largest pieces on the outer edges and the smaller ones in the center. The edges tend to get more heat than the center.
- **Tamari/Vegetable Broth/Maple Syrup:** We have family members divided over the amount of tamari used as tamari can sometimes get "salty". We used a reduced sodium tamari, but the red pepper flakes seem to amplify the saltiness of this dish. Some family members preferred the full 4 Tablespoons while others preferred 3 Tablespoons. If unsure, start on the lower side, but make sure you make up the liquid in other places (water, maple syrup, etc.) This is a bold Teriyaki sauce, it has a lot of flavor.
- Mirin is a type of rice wine similar to sake, but with a lower alcohol content. You can leave the mirin out if you wish, but it really adds a nice depth of flavor and the alcohol burns off. If you decide to leave it out, you may need to increase the rice vinegar slightly and add more maple syrup. You can typically find mirin in the Asian aisle in most grocery stores or health food stores. If you prefer less sweetness, use the lower amount of mirin to 1 teaspoon.

Debby Schiffer, NBHWC, Wellness Director for BURLCO & TRICO JIF

E-mail: debby_schiffer@targetingwellness.com Office: 856-322-1220

Cell: 856-520-9908