



Back to school, back to good foodie habits

BY ELAINE

Mineral of the month: Potassium

Potassium is a mineral that helps prevent waste build up and keeps the heart healthy, clearing arteries and your nerves and muscles. This is why it is commonly known to eat bananas after a workout due to their high potassium content. This mineral is also great for controlling high blood pressure, and a diet rich in potassium is known to improve mood and anxiety too!

Foods high in potassium are bananas, avocados, all types of melon, cooked spinach, sweet potatoes, oranges, mushrooms, apricots and dates. Pumpkin seeds are also very rich in potassium and are great as a snack, and can also be used in soups or added to porridge.

Powerhouse Potassium Smoothie recipe

Whizz up the following ingredients and serve with a spring of fresh mint to garnish!

- 2 cups of sliced melon of your choice – it's not advisable to combine different types of melon for digestion issues
- 4 ice cubes, crushed
- Half a cup of coconut water or almond milk.

If you want a more refreshing drink, substitute the coconut water/milk and use half a cup of fresh orange juice

Whizz up the ingredients and add some fresh mint to garnish!

Water

We all know that during the summer months water is a great hydrator – but we need to keep fluid levels up all year round. Did you know that drinking warm water is sometimes better for us than ice cold water? Below are the benefits of drinking warm, filtered water:

- Helps to flush out your kidneys and improve bowel movement
- Reduces the body's effort to fight viruses
- Soothes blood vessels which allows better hydration
- Helps move fats through the bloodstream, reducing the risk of clogged arteries and aids digestion

Did you know?

Kiwis can help you sleep. If you have trouble switching off and are in need of a good night's sleep, try eating one to two kiwis an hour before bed – kiwis are rich in serotonin which is the happy hormone that can relieve stress.



Whilst on the subject of back to school and education, if you're looking for an informative, thought provoking, yet brilliant watch, 'My Octopus Teacher' on Netflix is a fascinating, moving documentary where a man makes friends with an octopus and follows its life – some amazing cinematography too!

SET UP YOUR DAY THE HEALTHY WAY...

With back to school already here for many or fast looming for others, morning routines are set to become slightly more manic in a bid to get everyone properly fed and out the door on time. We all know breakfast is the most important meal of the day, setting out good intentions, so a healthy wholesome start is ideal, but when time is short healthy options can go out the window. So why not do the prep work the night before? Overnight oats are a delicious, wholesome breakfast option and better still, it's as simple as stirring together a few ingredients in a jar the night before, then popping it in the fridge! The true beauty of them is that you can make them as simple or creative as you like using the ingredients you have to hand.

For recipe inspiration, why you should be eating overnight oats and much more, take a look here:

<https://downshiftology.com/recipes/overnight-oats/>

Wishing the very best of luck to all colleagues with children embarking upon new schools, colleges, universities and jobs over the next few days and weeks!

RED HOT MAMAS by Emma Symons

Being a lady of a certain age and, having spoken to several colleagues of a similar age, I was asked to write a piece about dealing with symptoms of menopause at work. With three out of four women experiencing symptoms and a quarter experiencing serious symptoms, that's a lot of red-hot mamas in the office!

So how does this impact us women in the workplace? Well, many symptoms are physical such as hot flushes, headaches, poor sleep, weight gain and fatigue while other symptoms are emotional such as increased anxiety, mood swings, loss of confidence and poor concentration, not to mention the dreaded 'brain fog'.

There is still a reluctance to talk about menopause but for one in four women, the effect on their wellbeing is enough for them to consider leaving their job. So how can we prevent this happening?

There are many ways to help manage symptoms at work, and being able to talk to friends and colleagues can go a long way to making us feel better about it. Here's three top tips for helping you cope.

1. For hot flushes

It may not go down well with the rest of your colleagues if you turn the heating off in January, so if getting your hands on the thermostat isn't possible, ask if you could have a desk closer to a window or get a desk fan to help keep you cool. Even going outside for a 10 minute break in the fresh air can help. Keeping a pack of wet wipes to hand can also help to cool you down and freshen you up. Wearing a few thin layers rather than one thick one means you can easily slip a layer or two off if you overheat.

2. Go easy on yourself

Finding some time during the working day to get outside for a short walk can help to reduce stress which will also ease symptoms. Staying hydrated is also important as hot flushes and night sweats can mean you dehydrate more quickly. Try to drink eight glasses of water a day, and as a side effect, the extra water will help plump the skin and reduce wrinkles. Don't beat yourself up if you're having a particularly bad day or feel you can't cope, finding someone to share experiences with can really help.

3. Beat brain fog

Poor concentration and memory lapses can be helped by becoming more organized. One of the biggest lies we tell ourselves is "I don't need to write that down, I'll remember it". So, try not to do too much multi-tasking and keep a notebook to hand to jot down things that will help jog your memory later.

To make you smile: *"Where, oh where has my oestrogen gone? Where, oh where can it be? I was once young and fair, now I sprout facial hair, Oh hormones please come back to me."*



"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice." Brian Herbert