



EAT THE RAINBOW!

Coloured fruit and vegetables are fantastic for our general health! Here are their health benefits:

Red – strawberries, tomatoes, cherries and redcurrants are all great sources – excellent for blood and heart.

Orange – carrots, oranges, papaya – great for the eyes and skin.

Yellow – lemons, yellow peppers and sweetcorn – best for your digestion and bones.

Green – spinach, kiwis, broccoli and kale – great for detoxifying and for your immune system.

Purple – blueberries, beetroot, red cabbage – best for anti-ageing and aids memory loss.

"In a world where you can be anything, choose to be your most authentic self. Remember that you won't be everyone's favourite person, but that's ok because you'll love yourself more for standing true to who are."

Looking after yourself at work

By Emma Symons

An important part of wellbeing is being able to look after yourself while at work, after all it's the place where we spend the majority of our time most days. Even if you absolutely love what you do, there will still be times when workplace stress can occur, and for the 1 in 4 people who already have mental ill health this can become a real issue.

Symptoms of stress can manifest in many ways and can include physical symptoms such as headaches, back pain, tiredness or a tight chest, as well as psychological symptoms like tearfulness, anxiety, low mood or lack of motivation. There can also be behavioural symptoms like difficulty concentrating, drinking or smoking more, running late more often, withdrawing or becoming more aggressive.

There are a number of ways you can help to manage your workplace stress, and these include:

Keeping an eye on your work/life balance

It can be easy for work to take over your life and you may find yourself staying late or starting early to get things done. Try to take a few moments once a week to assess the amount of time you spend at work and try to build in some days where you spend more time outside of work, perhaps spending time on hobbies or connecting with friends and family.

Make the most of your lunch break

Make a point, every day, of getting up and spending your lunch break well away from your desk or work environment. Even half an hour outside in the fresh air – maybe having a picnic or a walk – can refresh you and help you to relax and clear your mind.

Build a network of support

Many people find it incredibly hard to ask for help or to admit that they are struggling, but this is essential for your mental wellbeing. Having a strong support structure of trusted people you can talk to or confide in can relieve stress and help diffuse tension. Your support structure can either be work colleagues or friends outside of work that you can turn to for a chat and advice.

Being assertive and realistic

Another thing that most of us find very hard is saying no. At work we feel that we have to say yes if we are asked to do extra jobs or stay late to finish, and this can add to stress. It is important to be aware of whether your expectations of yourself are realistic and to accept that you will make mistakes sometimes and that's ok. Take a step back and look at whether or not the work that is expected of you is realistic and achievable and if you need to, say no.





Ten ways to boost your energy levels this winter

The nights are officially drawing in, the longest day has been and gone and the children are finally back to school after possibly the longest summer holiday ever, which must mean winter will soon be upon us. For many this conjures romantic visions of log fires, box sets and a good bottle of red, for others it may be approached with some degree of trepidation; the shorter days, colder nights and the grim prospect of more lockdowns possibly being put in place.

However you feel about the onset of winter, it pays to keep mental and physical health in good shape and to keep topping up your energy levels to support yourselves, your families and colleagues. Click on the link below for top tips from a nutritionist to keep your motivation high... <https://www.hellomagazine.com/healthandbeauty/2017110243662/tips-boost-energy-levels-winter-motivation/>

Honey

Honey has been in the news recently as it's reportedly the best remedy for coughs and sore throats. As most children are now back at school, it's that time where more colds are around.

I have read that in India and South Asian cultures, they use a recipe to combat the usual symptoms that go hand in hand with the common cold. Turmeric coupled with honey really is a potent natural antibiotic. This remedy destroys bad bacteria, is anti-fungal, anti-inflammatory and is also a powerful antioxidant. It's a really easy recipe so give it a go:

¼ cup of organic honey or Manuka, 1 tsp of turmeric powder, a pinch of black pepper, Optional: half a tsp of coconut oil

Just mix all the ingredients together and cover. Keep at room temperature. You can also add some fresh lemon juice for added vitamin C. Recommended dosage is one teaspoon first thing in the morning.



QUARANTINI

The Martinez

Introduced to Jeremy by NAFD President William Millar whilst they were at the City of London Distillery having a gin tasting. Rumour has it, Jeremy may have enjoyed rather more than 1 of these!

1 1/2 oz gin, preferably Old Tom style

1 1/2 oz sweet vermouth

1/4 oz Luxardo maraschino liqueur

2 dashes Angostura bitters

Garnish: Orange twist

Add all ingredients into a mixing glass with ice and stir until chilled. Strain into a chilled coupe glass. Garnish with an orange twist. Jeremy's top tip: always use Old Tom gin for this!

MANJELLA'S CHICKEN CURRY from Manjit

Ingredients:

4 large chicken breasts (diced)
2 large white onions (diced)
1 tablespoon of oil (sunflower, rapeseed or vegetable)
2 teaspoons of cumin seeds (called Jeera too)
1 teaspoon of mustard seeds
1 whole garlic bulb! (yes 1 whole garlic bulb)
1 Large piece of ginger
2 green finger chillies (more if want it hotter!)
1 teaspoon of salt
2 teaspoons of garam masala
2 teaspoons of tandoori masala
1 teaspoon of turmeric
1 tin of chopped plum tomatoes
Bunch of coriander (chopped to dress on top of curry)

Method:

1. In a large wok of saucepan add oil, onions, cumin seeds and mustard seeds - sauté until golden brown.
2. Whilst onions are browning, with a whizzer/blender add the plum tomatoes,

chillies, ginger and peeled garlic bulb and whizz into a paste.

3. Onions browned, add in salt, garam masala, tandoori masala, turmeric. Stir for a couple of minutes (may go up your nose and make you sneeze!).

4. Add in the paste you have whizzed. Stir for a minute.

5 Chuck in the diced chicken and put lid on for a couple of minutes. You can add in a little water at this point if you think it's too thick but not too much – maybe a mugful.

6. Simmer this for about 10 mins or until chicken is cooked.

7. Turn off hob and chuck in the coriander.

Serve with rice/naans, some plain yogurt and mango chutney/salad.

Once you have conquered this paste before adding the chicken you can use this on anything like lamb, fish, mince (add in lemon juice too if you like).

If I'm making vegetarian like chana masala (chickpea curry) or any vegetable curry

I tend to take out the tandoori masala so it gives a different flavour.

Even better still, make a double batch of the paste, halve it and make half with meat using tandoori masala and garam masala in it and the other with just garam masala for a veggie one – then you have two curries. This should feed six people or four very piggy people :-). Enjoy...

