



# Bat-Zion Suskind-Sacks

*The art of living well*

## Newsletter



### Issue 1 October 2007

Welcome to the first issue of our Newsletter.  
In this month's issue:

- Beating the Winter Blues
- Foods for mood
- Beauty and Style: Facial Exercises



### Beating the Winter Blues

Are grey skies, snow and rain enough to make you feel blue, sluggish and fatigued?

With the onset of Winter when days are getting shorter, nights longer and the occurrence of dramatic changes in weather accompanied by the emergence of blue and grey, colours generally associated with sadness, many experience a lowering of mood, depression. We call such patterns of changes in our mood "winter blues." In their most extreme form, "winter blues" are known as Seasonal Affective Depression (SAD).

"Winter blues" manifest themselves in increased need for sleep, changes in appetite resulting generally in overeating and weight gain, difficulty in concentration and the processing of information and lack of interest in activities enjoyed in the past.

Here are a few suggestions to help you through the winter season:

- Force yourself out of bed.
- Do some exercises. Keeping active will not only help you stay fit, it will help improve your sleep
- Get out and increase the amount of sunshine you get. If you cannot get out, then put a chair close to the window and get as much sun as you can. Studies show that light plays an important role in our life and helps in improving performance.
- Think about decorating parts of your home with bright warm colours to help enhance feelings of warmth and happiness.
- Avoid alcohol
- Keep a healthy and balanced diet. Eat plenty of fruits and vegetables and try to stay away from food high in sugar.
- Relax and de-stress yourself by engaging in Yoga or meditation. Treat yourself to a massage or a beauty therapy session.
- Rent and Watch funny movies or videos such as these: <http://www.youtube.com/watch?v=k9TVYCffHEE> and [http://www.youtube.com/watch?v=yRTmu\\_BRzVc](http://www.youtube.com/watch?v=yRTmu_BRzVc) . Laughter is a great way to cure many ailments.
- Take a break from your normal routine for a few days or even a few hours.
- Check your community calendar. Many organizations in your community such as universities and clubs provide winter fun and informative evening events to help beat the winter blues.

***"The only way to see a rainbow is to look through the rain"***



### Foods For Mood

#### Popcorn

Low fat microwave varieties of popcorn are great snacks. Popcorn is a wholesome food, which aids in digestion by providing roughage. It boosts energy and will help improve mood with added bits of protein. For variety of flavours you can sprinkle paprika, seasoning salt, Parmesan cheese. For the sweet pallet, you can add finely chopped chocolate and sliced almonds.

#### Hot Cocoa

A cup of cocoa a day may help to keep the doctor away. A study published in the American Chemical Society's Journal of Agricultural and Food Chemistry found that a cup of hot cocoa is rich in polyphenols, chemicals that have an anti-oxidants\* effect on the body. Although cocoa is found in many other products, such as chocolate, the researchers said that drinking it is the best way of harnessing its benefits. Drinking a cup of hot cocoa before bed is not only a wonderful way to end the day, it will also help you sleep better.



#### Eggs

Contrary to some popular belief, eggs do not directly affect the level of cholesterol in our blood. Eggs are rich in a range of nutrients including protein, vitamins and minerals. They contain choline, which is very important especially during pregnancy to ensure proper brain development. The anti-oxidant selenium can also be found in eggs as can lecithin, a substance, which works wonders for brain cells.

So give the egg a break. What a great way to start your day.

More Foods for Mood overleaf!



## Foods for Mood (continued)

### Turkey

Great food for a healthy, low calorie lunch!

Its tryptophan content leads to serotonin (a hormone responsible for mood elevation) production. It enhances cognitive performance and increases alertness during stressful times.

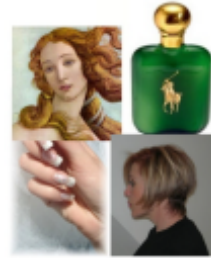
### Nuts

Nuts are packed full of protein and are a good source of healthy fats, not to mention all the vitamins (including antioxidants) and minerals they contain. Emerging evidence suggests that diets which include nuts may promote a feeling of satiety (or of being satisfied, more full, less jittery, hungry or stressed) and, therefore, potentially prevent weight gain. When including nuts in your diet, make sure to count them as part of the meat, poultry, fish, dry beans, eggs and nuts group. When it comes to serving size, 1/3 cup of nuts is equal to one ounce of meat.

Finally, research shows that nuts are "brain food" that can stabilize mood.

## Beauty and Style

Looking good and feeling good about the way we look is an integral part of The Art of Living Well. Taking care of ourselves both inside and out is the secret to beauty and style.



In addition to providing you with the latest information about a healthy diet, exercise programmes and other helpful advice to assist you with transforming your life on the inside, we also offer you guidance on beauty, fashion and style.

In each of our monthly newsletters, we will show you ways to take care of your hair, skin, choose clothing that will flatter your figure and make-up that will emphasize your favourite features.

This month's issue features facial exercises. These are designed to improve blood circulation and help strengthen and tone facial muscles to restore and maintain a youthful appearance.

Here are some:

- Push lips out to form an exaggerated "O" for 1 second then smile as widely as you can for 1 second.
- Looking at the ceiling, chew with your lips closed for about 10 seconds.
- With head tilted back, move your lower lip towards the upper lip as far as you can. Hold this position for 5 seconds.
- Close your eyes then look up and down.
- Keep your head still and eyes open. Look up down and sideways
- With your lips closed, have a relaxed smile. Then suck your cheeks towards your teeth and hold for count of 5.
- Sit upright with face forward. While keeping your lips together, drop your jaw and push it forward. Hold this position for the count of 10.

Each exercise should be repeated 10 times, preferably in front of a mirror.

For a healthy and glowing face, it is recommended that facial exercises be performed once a day for 5-10 minutes.

In our next issue we will show you great, fun ways to keep active, stay fit and help keep your weight during the winter season.

Top chef and celebrated caterer Mrs. Rochelle Sassoon will share with you some healthy and tasty recipes for food that will keep you healthy and warm.

Also, our hair consultant, Dina Levy, will give you tips for keeping your hair healthy and radiant.

Yours in Health, Fitness and Success

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To find out more about how our team can help you achieve your goals,

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\*Anti-oxidants: substances that protect the cells from damage that is caused by free radicals, which are particles produced by the body and can trigger diseases like cancer.