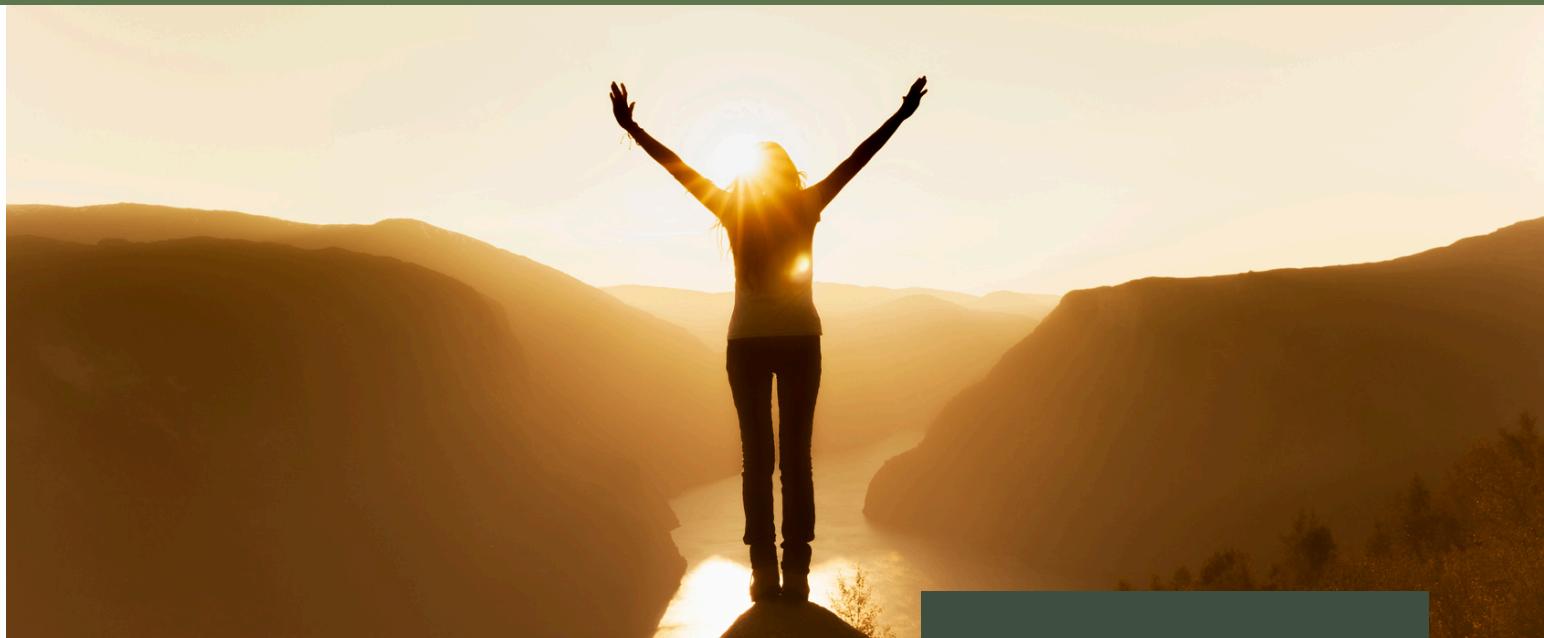


Newsletter



Welcome!

Welcome to Alpine Medical's monthly newsletter. In this space we explore a variety of health topics with the goal of empowering our clients to take control of their health. Each newsletter will contain an inspirational quote, a health topic we are exploring and a recipe. At Alpine we specialize in a proactive approach to health, through nutrition, movement and inner work. We believe health is an ever evolving dynamic to be pursued and cultivated.

EDUCATION:

This month we will be diving into mental health from an array of angles. Mental health is central to total health. Having worked in healthcare in various roles for over 20 years, one of the biggest advancements has been a shift away from the stigma of mental health concerns. Mental health is no longer seen as something on the periphery but rather central to well being and total health. Said differently mental health impacts systemic inflammation, cardiovascular health, immune response, chronic pain, sleep quality and cognitive function among others.

January's Inspiration

"Health is more than the mere absence of disease, it's the presence of a superior state of well-being, a pizazz, a vitality that has to be worked for each and every day of your life. You cannot get it in a bottle. It has to be gotten through diet and exercise and rest and recreation and attitudes of mind working all together every day of your life."

-Doc Paskowitz

So how do we apply this information? If we imagine the human body as a tree, the biggest take away is to recognize, mental health is not a branch, but rather a central component of the trunk itself. The second is to not think of mental health support as reactionary to be utilized only in a time of crisis. Mental health or mental strength is a skill set, a response system and an awareness to be developed. If you think this may not be for you, perhaps you should consider that some of the most successful athletes, performers and CEOs pursue mental health coaches to support their success as much as manage stress. Just as we exercise to move better, we can explore inner work to live better.

In our monthly talks this January we will touch upon the impact of exercise on mental health, the science behind mental health on a cellular level, explore what mental health as a pursuit looks like, as well as stress management. Please reach out to our office to be part of our ongoing educational series.



Food:

We want you to have a passionate relationship with food. Healthy eating can be indulgent and savory, let us show you how! Each month we will share a new recipe for you to try - let us know what you think!

January's Recipe

Spaghetti Squash with Basil Pesto and Chicken Cutlets

Just like my Nana Inez, I generally don't measure my ingredients and recommend you have fun cooking and make this your own.

Ingredients:

- 1 large Spaghetti Squash
- Olive oil
- Salt & Pepper
- 4 chicken breasts butterflied
- 3 eggs
- Italian Bread crumbs, GF
- 2 bunches of Basil leaves, no stems
- Pine nuts about 4oz or half a cup
- Garlic 1 hefty Tbsp or about 4 cloves
- Olive oil, about $\frac{1}{2}$ C
- Lemon
- Salt and Pepper.
- Freshly grated Parmesan about 1/2 cup

Step 1

Preheat your oven to 400 degrees F. Wash and half the spaghetti squash then scoop out the seeds and stringy ribbing. Rub olive oil all over the inside of the squash and season lightly with salt and pepper.

Step 2

Place the spaghetti squash cut side down on the baking sheet. Roast for 35 minutes or until lightly browned on the inside. The flesh should be fork tender when done. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash into a bowl. Sometimes I add a pad of butter to keep the strands separated and easy to work with.

Step 3

Set up a plate with your chicken breasts and two shallow dishes near your stovetop. I beat the eggs in one dish and fill the second with the breadcrumbs.

Step 4

In a large saute pan over medium high heat and add some olive oil. Dip the chicken in the eggs, allow to drip, then transfer to the bread crumb dish. Shake off any excess bread crumbs before transferring to your hot pan.

Step 5

Cook for 3 minutes each side or until golden brown. Flip. Repeat. Note, the internal temperature of chicken should reach 165 degrees F.

Step 6

Using a food processor, combine basil leaves, pine nuts, garlic, squeeze of lemon, dash of pepper and about a tsp of salt, in a food processor and mix until very finely minced.

With the machine running, slowly add in the oil until the mixture is smooth.

Adjust salt, pepper, lemon, garlic to your liking.

Add the cheese and process briefly, to combine. We have enjoyed this equally with and without cheese.

Plate with spaghetti squash, a chicken cutlet and generous serving of pesto.

Mangia!!

