

### Beet It, Pineapple Head!

This month, we have brought together a vegetable and fruit, with the following health benefits to make a delicious smoothie (see sidebar).

#### Benefits of Beets

- Beets are rich in antioxidants.
- Beets offer detoxification support.
- Beets have been shown to improve blood flow to the brain's frontal lobe, which is associated with higher level thinking like decision making and memory.
- Beet fiber has been shown to provide special health benefits in respect to health of our digestive tract and cardiovascular system.
- Beets have anti-inflammatory benefits.
- Beets are a good source of folate, manganese, potassium, vitamin C, tryptophan, magnesium, iron, phosphorus, and copper.

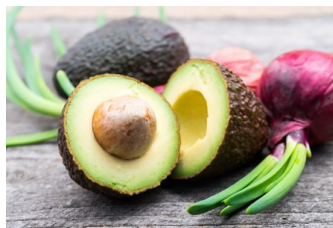


#### Benefits of Pineapple

- Pineapple has anti-inflammatory benefits.
- Pineapple contains bromelain which aids in digestion (among other things). Eating one slice of pineapple after each meal will reduce gas, bloating, nausea, constipation, and the symptoms of irritable bowel syndrome.
- Pineapple promotes strong bones.
- Pineapple helps to keep gums healthy.
- Pineapples contain potassium, calcium, fiber, copper, thiamine, manganese, vitamin B6 and vitamin C.

### Good for You but Not for Your Pets!

Most of us already know that chocolate and grapes are toxic to our pets, but the following information from the ASPCA includes a whole lot more toxic food. This list contains plant foods that have been reported as being toxic to animals (non-specific to cats, dogs, horses) and/or intense effects on the gastrointestinal tract. This list is not all-inclusive, but rather a compilation of the most frequently encountered plants. If you think that your animal is ill or may have ingested a poisonous substance, contact your local veterinarian. For a full list of plants visit: <http://www.asPCA.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants?&page=67>. Acorn squash, Aloe, Apple, Apricot, Australian Nut, Avocado, Banana, Banana squash, Beets, Black Walnut, Buttercup squash, Butterfly squash, Carob, Cherry, Chestnut, Cinnamon, Garlic, Grapefruit, Honeydew, Hubbard



#### Pineapple-Beet Smoothie

*Vibrant pineapple beet smoothie is naturally sweet, delicious and packed full of nutrients.*

#### Ingredients:

- 1 raw beet (scrubbed clean, quartered)
- 1 orange (peeled and halved)
- 1 frozen banana (quartered)
- 1 1/2 cup frozen pineapple
- 1 cup unsweetened milk of choice
- 2 handfuls of raw spinach

#### Directions:

Combine all ingredients in blender and puree until smooth. Divide between 2 chilled glasses.

If desired, add 1 scoop protein powder of choice. If you need more liquid add cold water or ice as desired.

Nutrition (2 servings): 198 Cal (calories include non-dairy unsweetened milk and no protein powder)

*Recipe and Photo - <https://www.threelittlechickpeas.com/pineapple-beet-smoothie/>*

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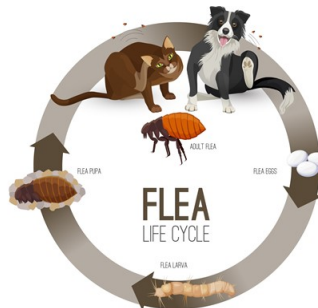
squash, Leek, Lemon, Lime, Macadamia Nut, Onion, Orange, Peach, Plum, Strawberry, Tobacco, Zucchini squash

Note: The website lists which foods/plants are toxic to species of pet.

## Natural Solutions for Flea Control

FLEAS CAN BE A REAL PROBLEM AND TOUGH TO GET RID OF, and flea control can be hazardous to your pet, to your children, and to you if you are not aware and careful.

The most popular kind of flea control products include the type you pop open and squeeze onto your pet. Other forms of flea control include shampoos, powders, sprays, collars, and pills. The active ingredients in these solutions include chemicals such as imidacloprid, fipronil, fluralaner, permethrin, Methoprene, and pyriproxyfen, all of which have caused serious health problems in animals, and the labels warn not to get the substances on your skin, to wash your hands, and to keep them away from children. Do we really want to put these pesticides on our furry friends if there is a safer alternative? Maybe not, in fact, the Environmental Protection Agency receives thousands of complaints of "adverse reactions" each year ranging from mild skin irritation to seizures, paralysis, and death. Of course, most pets probably will not have an adverse reaction, but many of us are looking for safer and more natural solutions to flea control. However, if you have questions, always consult your veterinarian.



### A few facts about fleas-

- Fleas are like cockroaches in that they adapt to their environment and can become immune to pesticides as time goes on.
- There are most likely more fleas in your home than there are on your pet, in fact, for every flea found *on* your pet, you may have 20 or 30 more *in* your house.
- The adult flea can lay up to 50 eggs per day, and as they are not sticky, they fall off your pet and onto your floor, carpet, bedding, etc. The lifespan of a flea is about 90 days, but the hibernating cocoon can survive up to year without feeding. The lifespan (or a better word is - life cycle) can be as short as two weeks or as long as two years. *That is why it is so important to remain vigilant, even when a flea problem is thought to be under control!*

### Controlling fleas inside-

#### Groom and check for fleas:

Use a flea comb especially over the lower back near the tail. If you find fleas or flea "dirt" (black, pepper-like material that is actually flea feces), bathe your pet in a gentle soapy water (many people swear by Dawn Dishwashing Liquid). Soapy water will eliminate the fleas that are there.

#### Flea Trap:

Place a dish of soapy water under a night light near your pet's bed. Fleas will be attracted by the light and will die in the soapy water. This only works for adult fleas that are in the surrounding area of your pet, not the fleas ON your pet. There are also actual plug-in flea traps. Check your local pet store.



## Moroccan Chicken Bowl

### Ingredients:

#### Base

- Arugula

#### Moroccan Chicken

- 1 tsp, sweet paprika
- 1/2 tsp. ground cumin
- 1/2 tsp. ground cinnamon
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 4 (5-ounce) boneless skinless chicken breasts
- 1 tbsp. olive oil

#### Tomato Salad

- 1 pt. cherry tomatoes, halved
- 1 tbsp. olive oil
- 1 sliced scallion
- Pinch salt
- Pinch pepper

#### Sweet 'N' Tangy Slaw

- 2 tbsp. cider vinegar
- 1 tbsp. honey
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/2 large head red cabbage, cored and shredded

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(Human Maintenance, continued from page 2)

#### Sanitize your pet's environment:

Fleas lay their eggs everywhere -- in carpets, curtains, upholstery, animal bedding, cracks, and crevices. Destroying the fleas' eggs by thorough weekly vacuuming and frequent washing of animal bedding goes to the source of the problem and will help eliminate the flea population in your house. After vacuuming, be sure to replace the bag right away and take the old bag out of the house. Keeping clutter on the floor to a minimum also will deprive the fleas of hiding places. You can also try a spray of cloves and peppermint on the bedding and surrounding area. Kills on contact.

#### Apply Diatomaceous Earth:

Once your home is sanitized, defend against a recurrence of fleas and other insect pests by applying small amounts of diatomaceous earth throughout the home. Diatomaceous earth (DE) is an all-natural off-white powder that is the fossilized remains of marine phytoplankton tiny fossilized skeletal. But while 'DE' may look and feel like talcum powder to us, to insects it is a lethal dust with microscopic razor-sharp edges which cuts the flea's protective outer covering, leading to death. DE is harmless to humans and pets.

Apply DE in places where fleas seem most prevalent: a dusting on pet's bedding, carpet, furniture, a teaspoon under the baseboard heater, beneath the stove or cupboards, near the sink, garbage or wherever you suspect fleas. If the DE is washed away or sucked up during cleaning, reapply as needed.

The application of DE has the added benefit of effective flea control whether rooms are carpeted or have bare wood or tile floors. A carpet can be given a light dusting of DE, and a sprinkling on wood floors will find its way to the cracks and crevices where insects frequent. DE can also be rubbed directly into the fur of your pet dog or cat.

It only takes a small amount of diatomaceous earth to cover a large area indoors if it is strategically placed near problem areas or where fleas would likely hide. Since diatomaceous earth usually comes in a large bag, the leftover can be saved since "DE" stores well, but it can also be used outdoors as an effective slug deterrent. Continue to use DE even after your flea problem is eradicated as flea life cycles can last a long time.

#### **Alternative Flea Control Suggestions-**

- Make sure your pet is healthy inside and out. Look at the labels on your pet foods and treats, as more often than you may think, ingredients are subpar.
- Several of us here, at OAI, have used Vet's Best peppermint and clove spray, which has worked well. Be advised that essential oils in too high of a dose can be toxic to animals.
- Many folks have suggested a tablespoon of apple cider vinegar in pet water to prevent fleas.
- Try an herbal flea collar, which uses the scent of herbs to **repel** fleas. They do not kill them.
- Eucalyptus essential oil is a natural antibacterial and disinfecting agent. By adding eucalyptus essential oil to natural home cleaning solutions as well as to the final rinse cycle (of your bedding as well as your pet's), you will create an inhospitable environment for fleas (as well as dust mites) to live in.
- Try Nutritional brewer's yeast, which provides B complex vitamins to help keep your dog healthy and inhospitable to fleas (fleas often gravitate to unhealthy animals).

[eartheasy.com/live\\_natural\\_flea\\_control](http://eartheasy.com/live_natural_flea_control)

[peta.org/issues/Companion-Animals/flea-control-safe-solutions](http://peta.org/issues/Companion-Animals/flea-control-safe-solutions)

[earthbath.com/2010/04/06/natural-safe-remedies-for-flea-prevention-and-control](http://earthbath.com/2010/04/06/natural-safe-remedies-for-flea-prevention-and-control)

## Moroccan Chicken Bowl

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#### Quick Pickled Onions

- 2 tbsp. red wine vinegar
- Pinch salt
- Pinch sugar
- Small red onion, thinly sliced

#### **Directions:**

#### Make Chicken

Combine sweet paprika, ground cumin, cinnamon, salt, pepper and pinch of red pepper flakes. Rub onto chicken breasts. Heat olive oil in a large skillet on medium. Cook chicken breasts until golden brown, 2 to 3 minutes per side. Transfer to oven and roast at 425°F until just cooked through, 9 to 11 minutes.

#### Make Tomato Salad

Toss cherry tomatoes with olive oil, scallion, salt and pepper.

#### Make Slaw

Whisk together cider vinegar, honey, salt and pepper. Toss with red cabbage. Let sit, tossing occasionally, for at least 20 minutes or refrigerate up to 3 days.

#### Assemble Bowls

Combine arugula, chicken, tomato salad, slaw and pickled onions in bowl.

Recipe and photo - <https://www.womansday.com/food-recipes/food-drinks/recipes/a61042/moroccan-chicken-bowl-recipe/>

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## S.T.O.P. Negative Thinking

We all get negative thoughts at times. It'd be almost impossible not to with all the ups and downs that comprise life, and now with everything that is going on around us, it can be especially difficult to be positive. However, recurring negative thoughts that overwhelm you can be a symptom of both anxiety and depressive disorders. Acknowledging your thoughts and emotions can make things feel less

overwhelming. It's helpful to sort through your emotions in whatever way works best for you including journaling, talking to a friend, or spending some quiet time alone thinking. Once you have a better idea of the specific feelings you're experiencing, you can start making plans to cope with them.



If you are struggling because your mind is racing, try using the **S.T.O.P.** skill.

**S:** Stop what you are doing. Pause for a moment.

**T:** Take a breath. Breathe naturally and concentrate on your breath coming in and out of your nose. You can even say to yourself "in," as you breathe in and "out," as you breathe out.

**O:** Observe. Notice what is happening inside you and outside you. What are your thoughts and feelings? Are your thoughts bothering you? Recognize that thoughts are not facts, and they are not permanent. Notice your body. What are you doing? Are your muscles tensed up anywhere?

**P:** Proceed with something that will support you in the moment. This is your *check and change* - if you need to - reach out to a friend, rub your neck, or drink a glass of water. Whatever you do, do it mindfully.

Healthy thinking can help you prevent or control anxiety. **Negative thoughts can increase your worry or fear.** If you cannot change your negative thoughts and they have become intrusive in your everyday life - or if you feel anxious and/or depressed, seek professional help. Among other things, cognitive-behavioral therapy, or CBT, is a type of therapy that can help you replace negative thoughts with accurate, encouraging ones. Changing your thinking will take some time. Help is available if you ask.

<https://accelerate.uofuhealth.utah.edu/resilience/practice-s-t-o-p>  
<https://www.psych.com.net/negative-thinking>

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## Grilled Salmon with Greek Salad

*Grilled salmon pairs perfectly with an herby salad and lemony tzatziki.*

### Ingredients:

- 1 6-oz. container low-fat Greek yogurt
- 2 tbsp. fresh lemon juice
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. chopped fresh mint
- 1 tbsp. chopped fresh dill
- 1 1/4 lb. skinless salmon fillet, cut into 4 pieces
- 2 tbsp. red wine vinegar
- 1 tbsp. olive oil
- 1/2 tsp. dry oregano
- 1 1/2 lb. tomatoes, cut into small wedges
- 1 seedless cucumber, cut into 1/2" pieces
- 1/4 red onion, thinly sliced

### Directions:

In a small bowl, mix yogurt, lemon juice, and 1/4 teaspoon pepper; fold in mint and dill. Heat grill to medium-high. Season the salmon with 1/4 teaspoon each salt and pepper. Grill until opaque throughout, 3 to 5 minutes per side; transfer to plates. In a large bowl, whisk together vinegar, oil, oregano and 1/4 teaspoon each salt and pepper. Toss with tomatoes, cucumber and onion. Serve with the salmon and tzatziki.

Per Serving (4 servings): 279 cal., 10 g fat, 36 g pro, 11 g car, 3 g fiber.

Recipe and photo - <https://www.womansday.com/food-recipes/food-drinks/recipes/a54835/grilled-salmon-with-greek-salad-recipe/>